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# 'If this isn't murder, what is?'

FAMILY SPEAKS OUT

## No charges for CPS officer who fatally shot Calgary man

**Lucie Edwardson**
Metro | Calgary


The family of Anthony Heffernan, shot and killed 17 months ago by a Calgary police officer, has filed an official complaint with the CPS after learning that officer was allowed to resume street duties, and is now under investigation for the shooting of David McQueen early this year.

The investigation into Heffernan's death came to a close Monday as ASIRT announced that although they had found evidence to support pressing criminal charges against the officer, none would be laid because the Alberta Crown Prosecutor's Service (ACPS) didn't think there was a high enough likelihood of conviction.

"If this isn't murder, what is?" questioned Anthony's mother, Irene Heffernan, after a joint press conference from ASIRT and ACPS.

The complaint was apparently filed under Section 44 of the Police Act and questions the policy of CPS in allowing the officer back into a frontline position while under investigation.

ASIRT said they understood the outcome of the investigation wasn't what the Heffernan family had hoped for.

"No matter the outcome in this particular case, and I know the family is devastated, it does not diminish in any sense that this was an incident that could have been handled differently," said Susan Hughson, executive director of ASIRT.

ASIRT was called to investigate Anthony's March 16, 2015 death. CPS had been called to a hotel after Heffernan, who was battling addiction issues, had failed to checkout on time.

When officers arrived they saw a man who appeared to be "agitated and in medical distress." The situation escalated and the responding officers felt their safety was at risk and after the use of a Taser apparently had no effect, Heffernan was shot four times, including two shots to the head and one to the neck.

Hughson said there was evidence that dictated reasonable grounds to believe the officer had committed an offence under the Criminal Code. She said as is dictated under the Police Act, ASIRT then forwarded the case the ACPS, who said the likelihood of conviction was too low.

"This standard is a higher hurdle to overcome than the police standard for laying charges and at trial there is an even higher standard before anyone can be convicted," said QC Asst. Deputy Minister Eric Toppan of ACPS.


More coverage on page 6

Irene Heffernan, centre, surrounded by son Grant Heffernan, left, and husband Pat Heffernan, right, questions the outcome of the investigation into the death of her son, Anthony. MATHEW SILVER/FOR METRO


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Donald Trump vows 'fair, but firm' approach to illegal immigration.

# Fresh choices and voices

POLITICS

## Women aiming for diversity on council in more ways than one

Brodie Thomas
Metro | Calgary

Michelle Robinson saw first-hand how difficult it was to convince women to run for political office when she volunteered with provincial and federal Liberals. She's now planning a run for council in 2017. BRODIE THOMAS/METRO

The list of women's names on the city's election registry continues to grow, with ladies now taking five of the 31 spots on the registry.

Amelia Marie Newbert filed her papers on Monday morning, and she'll be the sixth.

She said she's been approached to run in politics many times. The women with the Ask Her organization gave her the final push to run.

As someone who identifies as a trans woman and a lesbian, Newbert has done a lot of work as an advocate and community development agent for LGBTQ organizations, with a special focus on trans rights.

She wants to increase the choices and voices of women on city council in 2017.

"I think its important to see the texture and diversity that exists within our community reflected in its choices and in its government."

Newbert said she's planning to challenge incumbent Coun. Evan Woolley for Ward 8.

Michelle Robinson said she always knew she had the backing of people in her community and friends in political circles, but Ask Her gave her the push she needed to put her name on the registry.

"I'd always seen it as something that was unattainable," said the political activist and mother. "I realized if I don't at least try, I won't see why I felt it was so unattainable."

Robinson has been involved with the provincial and federal liberals in her community, and currently serves as Calgary Greenway Liberal Constituency Association's vice president

She also serves as the Alberta president for the indigenous peoples commission of Canada.

It was while working with the Liberals that she got an idea of how difficult it is to get women to run.

She approached many others about running, and saw the hesitation each time.

Robinson wants to address cost of living issues because she sees hard-working people in her neighbourhood struggling to make ends meet.

"There are issues with secondary suites and issues of poverty here in Calgary that I want to focus on, because that really does affect the greater Forest Lawn area," she said.

> **I realized that if I don't at least try, I won't be able to see why I felt that it was so unattainable.**
> Michelle Robinson

## Century of taking a stand...

**The city of Calgary has had many notable female city councillors going back almost 100 years.**

**Hannah Gale**
Gale was a trailblazer for all female politicians. Gale was the first woman elected to a political office anywhere in Canada when she joined the council in December 1917. She also was elected acting mayor — the first woman in the British Empire to perform the duties of a mayor.

**Sue Higgins**
Elected to council in 1977 when it wasn't considered a full-time job. However the single mother of three treated it as one, and gained the respect of citizens in her ward. She was known for being blunt and unsuccessfully challenged Ralph Klein for mayor in 1983.

**Bev Longstaff**
Longstaff was an alderman in the 1990s. She was narrowly defeated by Dave Bronconnier when she ran for mayor in the 2001 election. She trailed him by only 1.9 percentage points.

**Linda Fox-Mellway**
She served 15 years and five terms in office. In her final term, she was elected by acclamation in Ward 14.

BRODIE THOMAS/METRO

INVESTIGATION

# City's social media rules under review

With an inside view of the city's Twitter-blocking history, you see what you might expect: Porn bots are on the list.

What's more intriguing are a couple of Calgary Twitter accounts on the list. The city doesn't know how they landed on it.

Out of over a dozen blocked Twitter accounts, obtained by Metro through the Freedom of Information and Protection of Privacy Act, only two lead to accounts that appear to be run by regular citizens.

According to Benjamin Morgan, the city's communications supervisor, it's believed these accounts were blocked by people who no longer work at the city.

"We have a social media policy that's in draft, it's going forward shortly," Morgan said. Those will include standards to be followed by those at the helm of the city's social media platforms. Currently, the city follows social media community standards.

Facebook posts containing nudity, hate speech, violence and graphic content are all monitored under their community standards rules for specific criteria. For example, if there's a woman's breast photo on Facebook, it may not be removed based on whether the subject is a statue, breastfeeding, has had a mastectomy. If it's just breasts for the sake of breasts, consider it gone.

On Twitter, images aren't policed as much, and even heated conversations don't usually merit action. But if a Twitter fight escalates to harassment, then tweets can be reported.

It's pretty evident that the @cityofcalgary account doesn't do too much policing; a simple search of f—k along with the city's Twitter handle results in numerous tweets, and that's only one of 12 Twitter social media platforms managed by the city.

HELEN PIKE/METRO


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A taste of what's to come to Calgary: German citizens enjoying Munich's Park(ing) Day in 2007. COURTESY SANDRA WALLNER

# Park yourself in car space

URBAN PLANNING

## Vehicle spots transformed into green space for a day

Helen Pike
Metro | Calgary

The City of Calgary is taking seven of Inglewood's most coveted parking spots, and with help, turning the asphalt-assigned spots into grassy public spaces.

Don't worry commuters — it's only for a day.

On Sept. 16, Calgary will celebrate Park(ing) Day: a worldwide event that's been on the books since 2005.

It's a celebration of public spaces, where participants hijack metered parking spots for a day to showcase what life would be like with more livable room.

"I think the businesses like the idea of extending the public realm," said Rebecca O'Brien, Inglewood BRZ director.

"Think about how much of our asphalt is devoted to vehicles, and how we just take it for granted … we don't have that much green space available."

These spaces can take on the form of a public park with benches and green sod; become a music DJ venue, and much more with a pinch of imagination.

"This is the first year the city's making a concerted effort to see if we can make this into something that will benefit the local community," said Tom Mahler, the city's manager of urban strategy.

"We want to make it something that's fun, bring people to the neighbourhood and look at ways we can use existing city infrastructure to make it more user friendly for pedestrians and businesses in the area."

According to Mahler the spaces will be on 9 Avenue SE between 11 and 12 Street and the event is supposed to total five hours.

"The city is doing these kinds of initiatives because we're looking at different ways of providing people-oriented spaces that are low cost," Mahler said.

The last time this event was held in 2014, it was a partnership between the University of Calgary and Open Streets Calgary, a group that will also be lending a hand in this year's celebrations.

> **We want to make it something that's fun, bring people to the neighbourhood.** Tom Mahler

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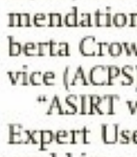
# Justice system broken: Family

POLICE SHOOTING

## Kin of Anthony Heffernan stunned by probe findings



Lucie Edwardson
Metro | Calgary

The family of Anthony Heffernan said we're dealing with a "broken system," after the Calgary police officer who shot and killed Heffernan in March of 2015 won't be facing any criminal charges.

Grant Heffernan, Anthony's brother who has been advocating on his behalf since his death, said he's in shock at the outcome considering ASIRT found reasonable grounds a criminal offence was committed.

"I think that if they will not prosecute an officer with this case, I don't think there will ever be accountability for an officer's actions," he said.

ASIRT executive director Susan Hughson said after finding reasonable grounds to believe the officer had committed offence under the Criminal Code, she forwarded recommendations along to the Alberta Crown Prosecution Service (ACPS) as directed.

"ASIRT was advised that an Expert Use of Force opinion could impact the analysis, and additional information relevant to policy issues and training was sought," said ASIRT."The Use of Force opinion found that, in the circumstances, the subject officer's conduct could be justified."

**The CPS officer who shot and killed Anthony Heffernan (pictured) will not be facing any criminal charges.** METRO FILE

During the investigation ASIRT said they weighed many factors, including the fact that in the circumstances, another officer opted to use the CEW, a less than lethal use of force in response at the same moment in time.

Eric Toppan, QC, Asst. Deputy Minister of ACPS, said the fundamental question was whether or not the officer was justified in the law in using deadly force.

"Ultimately there was simply not sufficient evidence that the officer's use of force was unjustified and as such there is not a reasonable likelihood of conviction," he said. "Police are often called upon to act in volatile and rapidly changing situations, to make split-second decisions, and that was the situation in this case."

Hughson said there will now be a fatality inquiry into the case to see if it could have been handled differently.

But the Heffernan family isn't happy with that.

"An inquiry doesn't hold anyone responsible," said Anthony's father, Pat Heffernan. "It doesn't make any difference."

Pat said his family will continue to advocate for change.

"You are at tremendous risk when you come in contact with the police because they're going to be supporting each other in whatever needs to be said or done," he said. "Our main focus is for changes to be made so this doesn't happen to another poor soul or another family."

Calgary police Chief Roger Chaffin said the officer in question is currently on administrative duty. He said CPS will be conducting an internal investigation of the case.

> **An inquiry doesn't hold anyone responsible.**
> Pat Heffernan, Anthony's father

"We'll await our review of the file. We haven't had the opportunity to look through it," he said. "Within the Police Act there is some prescribed actions that could happen in any investigation. They range from administrative duties, written warnings and all the way up to dismissal."

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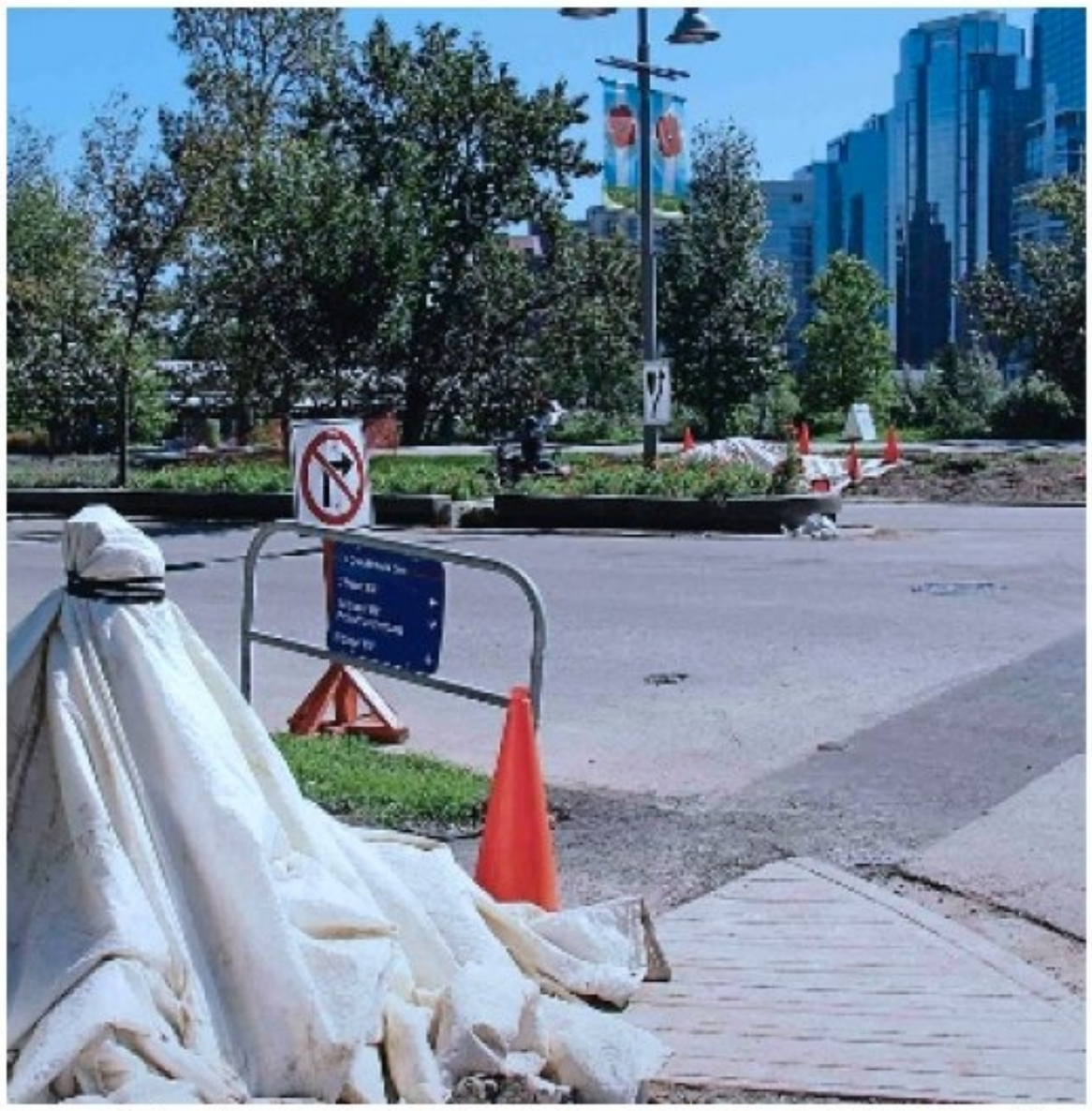

Construction is underway to give pedestrians another access point to the Calgary Peace Bridge.
BRODIE THOMAS/METRO

# Peace Bridge set to get a new crossing

JAYWALKERS

## City putting money down for pedestrian access

Helen Pike
Metro | Calgary

The City of Calgary has been watching about 200 jaywalkers a day illegally make their way across Memorial Drive towards the Peace Bridge for years.

Now, more than three years after its opening, the city has a solution: a $400,000 set of lights and crosswalk one city block away from where pedestrian crossing infrastructure is already in place on 7 Street.

In the fall, the City of Calgary plans to complete a new set of lights and a crossing on 9 Street and Memorial Drive.

"Today the pathway just runs along past there. There's no connection down to the street level, but people do cut through the landscaping and walk across the area along 9 Street when they see gaps in the traffic," said city spokesman Jonathan Chapman. "We'd be replacing that with a full intersection, and it would have wheelchair ramps and be accessible from the pathway."

Chapman said people want to cross in the area and the approved pedestrian strategy identified the need for safe street crossings.

> **There's no connection down to the street level.**
> Jonathan Chapman

"This is one of the actions we wanted to take early on in the life of that strategy to address the safety and comfort of crossing a major corridor like Memorial Drive," Chapman said.

Quentin Sinclair, executive director of the Hillhurst Sunnyside Community Association said this is something they've heard the community asking for.

"We have received requests and inquiries over the last few years about improving pedestrian connectivity from Sunnyside crossing Memorial Drive to get to the Peace Bridge," said Sinclair. "We are sharing the good news on our social media and newsletters and will also direct residents to call 311 with any further questions."

Chapman noted they did look at 8 Street for a crossing, but the idea was scrapped, it wasn't feasible. The Peace Bridge was built up high, so that it could outspan the 100-year flood mark, and building an accessible way up to it from the street would involve several switchbacks.

The city expects this mitigation to slow down the number of jaywalkers, even though Chapman noted they are confident crossers, they would like to have a reliable place to get across Memorial Drive.

# Couple warns of scam

SALES

## Always check the company's credentials, do research: Police

Lucie Edwardson
Metro | Calgary

A Calgary couple is warning others of a potential furnace scam they avoided by asking questions and not blindly allowing someone to enter their home.

Laurie Slezak said she and her husband, who live in Ramsay, were out on their porch one night last week when a sales person claiming to represent Eco Energy Inc. came to their door.

"She explained that provincial regulations had changed for furnace venting and then she said, 'And you are on Atco Gas and there are new and better options available,' and she wanted to look at our furnace in the basement," said Slezak.

Calgary police said whenever someone feels unsure about a door-to-door sale or believe they are being scammed, they should never feel pressured to do a quick sale, or to let someone into their home.

"Always check the credentials," said Staff Sgt. Jeff Bell.

"Do your research on the company and don't even feel bad about having them wait, because if they're a legitimate company, they'll have someone who can answer the phone at the other end and verify they have a sales person in the area."

Police say a valid business will always be able to verify by phone if they have door-to-door salespeople in the area. CALGARY POLICE SERVICE

> "... if they're a legitimate company, they'll have someone who can answer the phone at the other end and verify they have a sales person in the area." Staff Sgt. Jeff Bell

Which is exactly what Slezak did when she asked the saleswoman if she was in fact affiliated with the provincial government or Atco Gas, all of which the saleswoman said no to.

"She was very careful when asked if she was directly affiliated with someone, but she did give the impression at the beginning that she somehow was affiliated with Atco Gas," said Slezak.

Confused by the saleswoman's motive to get inside, Slezak asked her to leave a name and phone number, which she provided.

Upon calling Atco Gas, Slezak said she was informed that no matter who someone is paying their energy bill to, if you live in Calgary ultimately Atco Gas supplies to you.

"The lady at Atco referred me to a utility advocacy group and the minute I told him Eco Energy Inc. he told me they were trying to sell me a furnace," she said.

Metro News contacted Eco Energy who said they have a direct sellers licence for the province of Alberta, meaning they're licensed to do door-to-door sales. When asked if it was usual for them to refer to Atco Gas in their sales pitches, Metro was transferred to another representative who did not return calls by press time.

COURT

## Man sentenced in dirt bike incident

An Alberta man has been sentenced to four years in prison for a drunken game of chicken that killed his best friend.

Nathan Corey Scott, who is 29, pleaded guilty earlier this year to impaired driving causing the death of 26-year-old Michael Connelly.

Court heard that Scott had been drinking and doing cocaine before he and Connelly raced at each other on dirt bikes in Sylvan Lake in August 2014.

Connelly died at the scene and Scott was flown to hospital with injuries.

Police said at the time that the two men were not wearing helmets and their bikes were not registered or street legal.

A judge also banned Scott from driving for five years after his release.

THE CANADIAN PRESS

### IN BRIEF

**Man sentenced to five years in impaired driving case**

A man from central Alberta has been sentenced to five years for driving drunk and killing his girlfriend on the side of a road.

Jason John Powell, who is 41, pleaded guilty at the start of his trial in Red Deer to charges of impaired driving causing death, refusing to provide a breath sample and disqualified driving. THE CANADIAN PRESS

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REDEVELOPMENT GRANTS

# Edmonton could be on hook for $12.5M

Ryan Tumilty
Metro | Edmonton

If Edmonton is forced to step in at Northlands it could also be on the hook for a $12.5-million federal grant paid to the Expo Centre in 2010.

The city's potential costs for the redevelopment of the Northlands site continue to add up with the possibility it would have to repay a $12.5-million federal grant if it took over the Edmonton Expo Centre.

Northlands' Vision 2020 project is coming back to council next week and the agency has already asked the city to consider forgiving $48 million it owes the city for the convention space.

In addition to that debt, the federal government gave a $25-million grant to the facility when it was built in 2010, on the condition that the city would repay it if the facility ever came into their hands or if it was converted from use as a convention centre.

Northlands' plans to keep it largely as a convention centre, but wants to turn one hall into a medium sized concert venue.

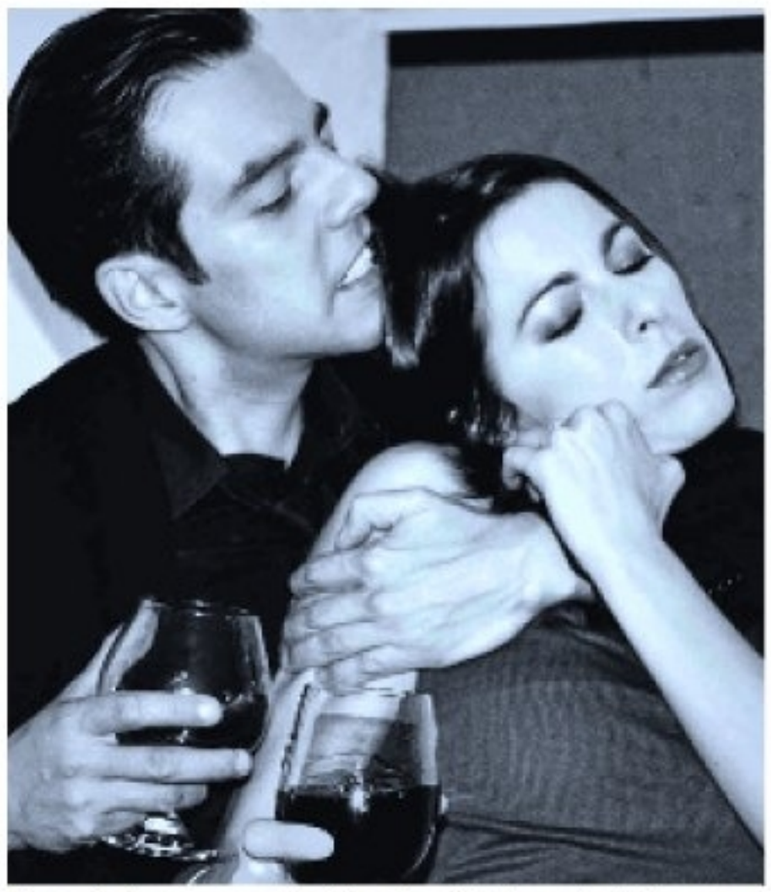
But if they can't come up with a viable business plan, all of its land will revert to the city.

Coun. Michael Oshry said with the $48 million in debt and this grant, the city is going to be facing costs — regardless of what happens with Northlands.

"The city is sort of stuck. I am not sure we have that much choice," he said.

He said when council discusses the issue in the weeks ahead it will have to figure out a long-term solution for the area, but it will also have immediate issues to solve.

"There is a short-term problem you have to fix, which is the debt and the viability of Northlands," he said.



Frenesi follows a couple battling the effects on alcoholism on their relationship. COURTESY FLIXEH

# A glass of perspective

THEATRE

## Latin drama's added message aims to curb issue on rise

Aaron Chatha
Metro | Calgary

Mariela Parra is fighting back against alcoholism and substance abuse with the most powerful weapon at her disposal: Spanish theatre.

Through her Latin entertainment magazine Flixeh, Parra has been bringing Hispanic theatre groups to Calgary since 2012. This year, she's bringing up Frenesi, the story of a couple's relationship on the rocks due to alcoholism.

The play is based on the 1962 film Days of Wine and Roses, which starred Jack Lemmon.

Performed entirely in Spanish, Parra doesn't want viewers to feel like the presentation is hammering them over the head with its message either.

So, they'll be serving glasses of wine with the play.

"The message is not to stop entirely — you can drink socially, but don't abuse it," Parra said.

She sees substance abuse, especially alcoholism, as a growing concern in Calgary's Latin community, but said addressing it head on can be difficult.

"I've tried with one of my friends, and he told me, 'I'm OK. I don't need any help.'" Parra recalled. "With these plays, I'm trying to tell people there are resources to go for help."

There will also be a presentation with the play from experts who will explain what resources are available to get help in Calgary.

Frenesi runs on Sept. 17 at the John Dutton Theatre. For more information, visit Flixeh.com.

HAVE YOU BEEN DIAGNOSED WITH BIPOLAR DISORDER?

People with bipolar disorder wanted for University of Calgary research study on the cognitive basis of mental illness. Any information collected is confidential. **Reimbursement for travel and food ($50).** This study has been approved by the University of Calgary Ethics Board (REB13-1138).

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> It seemed to be a place for a bunch of weirdos to come in the early '80s and do something that otherwise didn't exist.
>
> Kendra Scanlon on the people behind CJSW

Chef Wayne in the old on-air booth of CJSW 90.9 FM.
COURTESY KENDRA SCANLON

# Tune in to radio history

INDEPENDENT BROADCASTING

## Campus station celebrates 30 years on air with new book

Aaron Chatha
Metro | Calgary

Calgary's CJSW radio station is celebrating 30 years with 160 tightly-packed pages of history chronicling all the fantastic and strange ideas that helped turn the station into a cultural hub.

The book, titled We Make Radio, launches on Aug. 25 and features interviews and photographs with important figures from all corners of the university radio's programming.

"It seemed to be a place for a bunch of weirdos to come in the early '80s and do something that otherwise didn't exist in the '80s," said Kendra Scanlon, Community Development Co-ordinator and driving force behind the book.

"Those people then started to move into the community and do things outside of CJSW, but continued to let this place to be a hub — and thank God. What would we have done without them?"

Those weirdos were members of the University of Calgary radio club 30 years ago, and were pivotal in getting CJSW put on the FM dial — meaning anyone in Calgary could tune in to an eclectic selection of music, from punk or metal to electronica and hip hop.

Hosts were given freedom to explore their individual tastes.

The book opens with an article written by host Peter Hemminger, where he interviewed former station managers.

One of Scanlon's favourite parts of the book is a photo spread by AlleyCat Photography.

It includes new and old station managers photographed around the city in funding drive T-shirts from previous years.

She said it acts as a juxtaposition between old and new.

The book contains tons of content that couldn't get through, but Scanlon said it wouldn't have been possible without everyone so enthusiastically coming aboard the project.

The book will be available for free once it launches.

Look for the full list of pick-up locations later this week at the website: CJSW.com/30years.

PUBLIC SAFETY

## High-risk offender re-released: Police

James Alexander Parent
COURTESY CALGARY POLICE SERVICE

Calgary police are advising the public of the re-release of a high-risk sex offender, after further investigation into his arrest last week.

James Alexander Parent was arrested Aug. 11 after Correctional Services of Canada issued a Canada-wide warrant to suspend his statutory release from Bowden Institution, where he was serving a six-year sentence for sexual assault with a weapon, among other charges.

Parent is white, six feet three inches tall, and weighs 200 pounds. He will continue to be monitored by Correctional Service Canada, which includes using electric monitoring.

Parent's past criminal convictions include a violent sexual assault in 1987 where a woman was attacked in her Calgary home. He also has convictions relating to sexual offences against a child.

Members of the public are advised that the intent of the process is to give them information to take suitable precautionary measures and not embark on any form of vigilante action. METRO

CRIME

## Calgary man charged with evading police

Drug charges have been laid against a Calgary man after he was tracked driving a motorcycle at a high rate of speed near Banff on Friday night, RCMP said.

Police attempted to stop the vehicle, but the driver evaded them by running a red light.

A short while later, Canmore RCMP located the motorcycle and its driver near Dead Man's Flats.

The driver abandoned the motorcycle and attempted to run from police, but was arrested immediately.

Further investigation revealed that the motorcycle was stolen, and the driver was found to be in possession of several illicit drugs.

Zacharia Roland Nagy, 26, has been charged with a total of 17 Criminal Code and Drug offences. METRO

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# Calgary man rows across the pond

ADVENTURE

## Journey to raise money for cancer foundation

Brodie Thomas
Metro | Calgary

If the name Laval St. Germain rings a bell, it's because you've probably heard about the Calgary man's adventures before.

There was the time he went cycling through the Arctic. Or when he recently climbed the highest peak in Iraq.

And then, of course, there was the small matter of summiting Everest — without bottled oxygen.

"I like aiming for these blank spaces on map," said St. Germain.

On Aug. 6, St. Germain completed a journey across one of the blankest spaces on any map. The lifelong prairie-boy and professional pilot took to the water, rowing solo across the Atlantic from Halifax, N.S., to Brest, France.

**Laval St. Germain with his custom-built rowboat, which he propelled across the North Atlantic earlier this summer.** CONTRIBUTED

St. Germain not only took a more difficult route (most rowers go with the trade winds from the Canary Islands to the Caribbean), but he also did it in record time: 53 days, 8 hours and 26 minutes.

To put that in perspective, he had anticipated it taking as long as 100 days to cross the roughly 4,500 kilometres of open water.

St. Germain admits he had a bit of help from the weather. A series of gales gave his boat some propulsion. There was one three-day stretch riding out stormy weather he didn't have to put his hands on the paddles.

His custom-built boat had a water-tight cockpit with a bevy of navigation equipment. Perhaps most important was a radar booster, which helped his tiny craft appear much larger on the radar of passing cargo ships.

"I was super confident in the equipment," he said. "I spared no expense from the safety aspect."

Before setting out on his journey, St. Germain got in contact with the Alberta Cancer Foundation with the hope of raising money for that organization.

He said he had lost his father-in-law to cancer, and is now watching a close friend who is a father to three children battle the disease.

Nicola O'Carroll, development officer with the Alberta cancer Foundation, said St. Germain set the fundraising goal of $200,000. They called it the Confront Cancer Ocean Row.

"He likened the event to someone who was going through cancer — the loneliness, the uncertainty of how the adventure would end," said O'Carroll.

While he made it all the way across the Atlantic, St. Germain is only one quarter of the way towards his fundraising goal. He said the money will go towards funding clinical trials.

A link to make a donation online can be found at lavalstgermain.com.

**BACKGROUND**

- **The previous record** for a crossing was 55 days.
- **St. Germain survived** off freeze-dried food for the entire journey.
- **Few ocean rowers** attempt a route through the North Atlantic.

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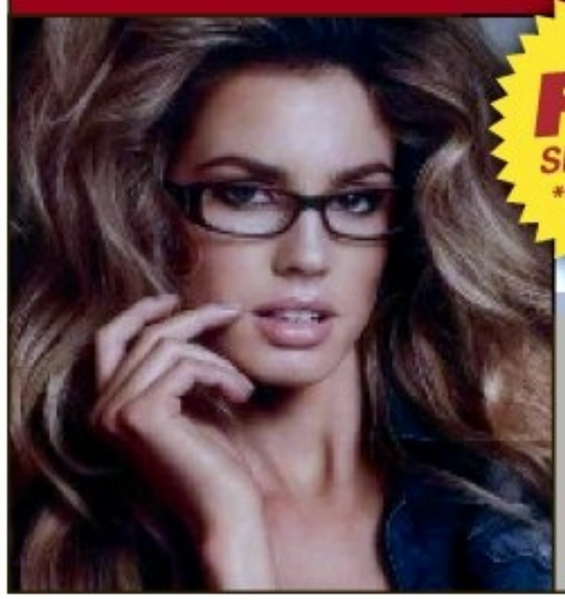

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WEATHER

## Season's first snow touches ski resort

If it felt oh-so-slightly cool in Calgary on Monday, that's because it was.

And higher up in the mountains, that cold air plus some precipitation led to you-know-what.

Sunshine Village Ski Resort noticed snow on some of its webcams at about 8,000 feet.

Jason Tamagi, director of sales and marketing, said it's probably the first time they've seen snow on their webcams this summer.

"We're at about 8,000 feet at that level. That's where you'd see moisture that would be rain in the Bow Valley turn to snow," said Tamagi.

He's seen snow in early August in past years, and said he doesn't expect this to stick around.

Sunshine Village doesn't start keeping track of the snow until it really begins to accumulate.

Dan Kudlak, meteorologist with Environment Canada, said the temperature in the area was hovering around 1 degree Celsius.

"If you get a cold low in the area dumping rain down on Alberta, and you look at 2,300 metres elevation, it's not surprising you get a bit of snow out of it," he said.

BRODIE THOMAS/METRO

**Snow can be seen around Teepee Town LX heated chairlift at Sunshine Village Ski Resort, near Banff.** COURTESY SUNSHINE VILLAGE

DANGEROUS OFFENDER

## Escaped prisoner caught

A dangerous offender who escaped while on day leave at a central Alberta powwow earlier this month is back in custody.

RCMP say Darrell Peter Moosomin was arrested without incident Sunday evening after they got a tip about a man answering Moosomin's description who was hitchhiking on Highway 13 near Daysland, southeast of Edmonton.

A Canada-wide warrant was issued for the 54-year-old man after he disappeared Aug. 13 from an escort while attending the Samson Powwow.

THE CANADIAN PRESS

**RECAPTURED**

Moosomin is an inmate at the Pe Sakastew Centre minimum-security prison in Maskwacis, south of Edmonton.

He is serving an indeterminate sentence for various offences, including sexual assault, assault causing bodily harm and assault with a weapon dating back to 1995.

# A U.S. flotation invasion

SARNIA, ONT.

## Winds turn boat party into international incident

People celebrate as they start the Float Down at Lighthouse Beach in Port Huron, Mich., on Sunday, where thousands floated down the St. Clair River. MARK R. RUMMEL/THE TIMES HERALD/THE ASSOCIATED PRESS

You could call it an invasion party.

Or at least that's what it turned into after about 1,500 Americans taking part in an annual rafting event on the St. Clair River found themselves swept across the river to Canadian shores on Sunday.

"The first thing I thought was that this is exactly what will happen when Donald Trump will be elected: It's good practice," joked Sarnia Mayor Mike Bradley, who watched the incident unfold from his waterfront property.

"This could be the start of many people trying to cross the boarder into Canada ... but it was just a big party crowd."

Michigan's annual Port Huron Float Down is a tradition that attracts thousands of participants who float 13 km down the river that divides Michigan and Ontario on rafts and store-bought inflatables. This year, an estimated 3,000 took to the water.

The unsanctioned event started around 1 p.m. at Lighthouse (Conger) Beach in Port Huron, Mich. By 4 p.m., hundreds of people had cleared the international Blue Water Bridge and found themselves headed to the Canadian side, breaking a golden rule of the loosely organized event: DON'T LAND IN CANADA.

"Most people (who) are hopping in have no idea what they're doing," said Peter Garapick, a superintendent of search and rescue with the Canadian Coast Guard, who was on hand Sunday to help get the Americans out of the water.

"They get in blow-up toys with a cooler of alcohol, no sunscreen, water, dry clothing or ID," he continued. "We had 1,500 people on floatable devices and they weren't prepared for it."

> **We had 1,500 people on floatable devices and they weren't prepared for it.**
> Peter Garapick

Garapick said the hundreds of floaters who invaded Canada were caught up in the currents or blown ashore by winds believed to be gushing up to 40 km/h, landing at Front and George streets in Sarnia.

Some were singing the Canadian anthem as they were rescued by officials, he said.

Arianna Mahon, an 18-year-old Port Huron resident (who said she and her friends were not drinking that day), was among those swept across the river into Canada. She described the scene on foreign soil as chaotic and stressful, but added that "a lot of cops were very polite. Very, very polite."

"It was freezing cold. We were just in our swimsuits, I didn't even have shoes," she told Torstar. "It was amazing."

TORSTAR NEWS SERVICE

ENVIRONMENT

## Wildfires raging in B.C.

Cooler weather was expected to help British Columbia crews battling a wildfire that has forced the evacuation of dozens of properties above the northwestern shore of Okanagan Lake.

The Bear Creek wildfire broke out late Sunday evening, near Bear Creek Provincial Park, and within hours the Central Okanagan Regional District ordered the evacuation of 156 properties.

A news release issued by the regional district early Monday morning said no homes were lost overnight, but some sheds or outbuildings may have been damaged about 10 kilometres north of West Kelowna.

About 60 people from the evacuated area had registered at an emergency reception centre in West Kelowna by Monday morning.

The evacuation zone covered the provincial park campground, a subdivision and homes along Bear Creek Road. Fourteen properties in a second subdivision were under evacuation alert.

"It's been relatively quiet overnight, the winds certainly died down early (Monday) morning and it's much cooler," said Bruce Smith, the information officer for the Emergency Operations Centre in Kelowna.

Calmer conditions and temperatures down to 14 C overnight helped BC Wildfire Service and crews from several area fire departments as they handled hot spots accessible from the perimeter, he said.

Another Okanagan fire about 80 kilometres south of Kelowna also caused concern late Sunday.

THE CANADIAN PRESS

POLITICS

## More of Philpott's expenses in question

The controversy surrounding Health Minister Jane Philpott's travel expenses grew on Monday as evidence surfaced that she billed taxpayers $520 for access to Air Canada's executive airport lounges in North America and Europe.

The Opposition Conservatives, who produced a receipt for her lounge membership, said she should repay the money.

"This trend of excess and entitlement on the part of this minister and the government basically is continuing," said Conservative health critic Colin Carrie.

Aaron Wudrick, the federal director of the Canadian Taxpayers Federation, also called for a refund.

"The things that are reasonable expenses are things that are directly related to their job," he said.

"I cannot see what the possible connection would be between her needing lounge access and ability to do her job."

Last week, Philpott said she would repay $3,700 in high-end car service costs after it was revealed she billed for $1,700 on one day and more than $1,900 on another day. THE CANADIAN PRESS

Health Minister Jane Philpott
THE CANADIAN PRESS

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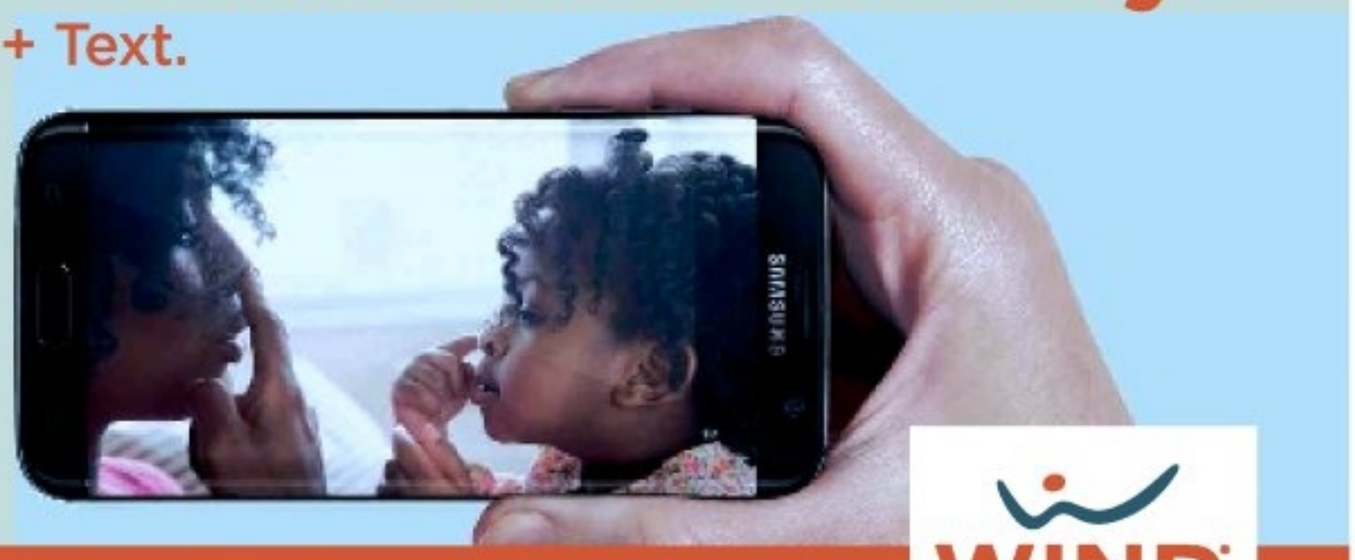

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# May going nowhere

POLITICS

## Green leader staying on but takes the blame for boycott row

Elizabeth May will remain Green party leader despite a controversy over the Middle East that divided members and prompted her to consider stepping down.

The party will revisit a convention resolution to support a movement to boycott Israel, along with any other recent policy decisions that lacked genuine consensus, May told a news conference Monday.

Meantime, May will focus on her work as a member of a parliamentary committee studying options for remodelling Canada's electoral system before the next national ballot in three years.

"This is a decision that I think the party needs as we build our strength and as I work on electoral reform and we prepare for 2019," May said.

May, the lone Green MP, spent the last several days pondering her future during a vacation in Cape Breton.

**Green party Leader Elizabeth May** JUSTIN TANG/THE CANADIAN PRESS

At the party's convention earlier this month, members voted to express support for the so-called boycott, divestment and sanctions (BDS) movement against Israel — a move May opposed and which Jewish groups swiftly denounced.

May has attributed the resolution's passage to the process — brief statements followed by a majority vote rather than the party's traditional approach of a concerted effort to arrive at consensus.

"We let ourselves down, and I take blame for that myself," she said Monday.

May firmly squelched suggestions she had thought about joining the NDP or the Liberals. "That was never even a consideration."

She was "overwhelmed to read so many letters of support" from Green members, non-members and fellow MPs.

She decided to remain leader only after meeting with the party's federal council late Sunday evening, May said.

"It came to a question of support and unity. The council overwhelmingly wants me to stay on as leader."

The council adopted a motion approving a special meeting of party members — details to be announced later — at which "improved processes for policy-making" are to be adopted.

In addition, the party is eyeing a return to its pre-2016 process of holding a ratification vote open to all members for any policy adopted at a convention or general meeting.

"It's a critical issue to me that we return to consensus-based decision-making," May said. "And council completely supports me in making that effort."

THE CANADIAN PRESS

ENVIRONMENT

## Canada has 'missed the boat' on climate

A leading expert on climate change says Canada "has missed the boat" when it comes to developing renewable energy resources that would mitigate the impact of global warming and its impact on human health.

Dr. James Orbinski, who teaches medicine at the University of Toronto, told a meeting of the Canadian Medical Association in Vancouver on Monday that Canada still has time to catch up with leading countries.

"For Canada, we have been stuck in this paradox," he said. "We are lagging behind economically in terms of the kind of advances that other nations like Germany, Spain, the nations of continental Europe, the U.K., China even — the kind of policies that they're engaging in terms of dealing with the effects of climate change."

He says California has the fastest-growing economy in the United States despite putting a price on carbon emissions but Canada has not recognized what appears to be an economic paradox.

The former head of Doctors Without Borders says wildfires, droughts and hurricanes are just some of the effects of climate change, along with higher global temperatures that will lead to rising sea levels.

Orbinski says the rate of temperature increases in Canada is two times higher than the global average, with greater hikes in the northern part of the country.

People in developing regions of the world suffer the most from the effects of climate change, he said. In 2011, 13 million east Africans were on food assistance because of drought.

THE CANADIAN PRESS

> **What is very clear is that climate change is like no other threat that the human species has ever faced in its history.** Dr. James Orbinski

NATURAL DISASTER

# Louisiana on long road to recovery

Storm victims spill out of the waiting rooms, some clutching water-stained documents, others with the long stare of those stricken by disaster, each with a story of personal tragedy about the Louisiana flood's devastation to their homes and their lives.

The line for the makeshift Federal Emergency Management Agency recovery centre started to gather before the facility opened Monday at a substance abuse treatment site run by a local Baptist church.

The long, hard slog of recovery is underway across south Louisiana, after a storm that began Aug. 12 dumped as much as two feet of rain in some areas over 48 hours, causing catastrophic flooding.

At least 13 deaths have been attributed to the flooding, and more than 60,000 homes were damaged. President Barack Obama was expected to visit the area Tuesday.

THE ASSOCIATED PRESS

Residents clean out their flood-damaged homes in St. Amant, La., on Saturday. THE ASSOCIATED PRESS

TIMBUKTU

# Malian extremist has 'deep regret'

Expressing "deep regret" for his actions, an Islamic extremist pleaded guilty Monday to orchestrating the destruction of historic mausoleums in the Malian desert city of Timbuktu.

Ahmad Al Faqi Al Mahdi, wearing a dark suit and striped tie, stood and calmly told judges he was entering the guilty plea "with deep regret and great pain" and advised Muslims around the world not to commit similar acts, saying "they are not going to lead to any good for humanity."

The guilty plea was a landmark for the court, which has struggled to bring suspects to justice since its establishment in 2002. THE ASSOCIATED PRESS

# Turkey vows to 'cleanse' border of Daesh terror

MIDDLE EAST

## Bombing in Gaziantep killed at least 54 people

Turkey vowed Monday to fight Daesh militants at home and to "cleanse" the group from its borders after a weekend suicide bombing at a Kurdish wedding, an attack that came amid recent gains by Syrian Kurdish militia forces against the extremists in neighbouring Syria.

The bombing Saturday in the southern city of Gaziantep, near the border with Syria, killed at least 54 people — many of them children. Nearly 70 others were wounded in the attack, the deadliest in Turkey this year.

There was no immediate claim of responsibility, but officials said it appeared to be the work of Daesh. Authorities were trying to identify the attacker, who President Recep Tayyip Erdogan initially said was a child. However, Prime Minister Binali Yildirim said Monday that it was unclear whether the bomber was "a child or a grown-up."

"A clue has not yet been found concerning the perpetrator," Yildirim told reporters following a weekly Cabinet meeting. He said the earlier assertion that the attacker was child was a "guess" based on witness accounts.

A man cries as people stand around a coffin during a funeral for victims of a terror attack on a wedding party that left at least 54 dead in Gaziantep, Turkey, on Sunday. AFP/GETTY IMAGES

At least 22 of those killed were children younger than 14, according to a Turkish official who spoke on condition of anonymity in line with Turkish government rules.

The attack came after the Syria Democratic Forces, a coalition led by the main Kurdish militia groups in Syria, captured the former Daesh stronghold of Manbij in northern Syria under the cover of airstrikes by the U.S.-led coalition.

"It appears to be an act to punish the PYD," said Nihat Ali Ozcan a security and terrorism expert at the Ankara-based Economic Policy Research Foundation of Turkey, referring to a Syrian Kurdish group whose militia is fighting Daesh. "It's the cross-border settlement of scores by two actors fighting in Syria."

Foreign Minister Mevlut Cavusoglu told reporters Monday that Turkey would press ahead with its fight against the Daesh inside Turkey and support efforts to remove extremists from its borders.

"Our border has to be completely cleansed of Daesh," Cavusoglu said.

Cavusoglu said Turkey had become a main Daesh target because of measures it has implemented to stop recruits from crossing into Syria to join the fighting, as well as hundreds of arrests of Daesh suspects in Turkey. THE ASSOCIATED PRESS

**RETALIATION**

- Media reports say Turkish artillery has attacked a U.S.-backed Syrian Kurdish militia as well as Daesh positions across the border in Syria.

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TRANSGENDER RIGHTS

# Judge blocks students' bathroom order

A U.S. federal judge in Texas has blocked the Obama administration's order that requires public schools to let transgender students use the bathrooms and locker rooms consistent with their chosen gender identity.

In a temporary injunction signed Sunday, U.S. District Judge Reed O'Connor ruled that the federal education law known as Title IX "is not ambiguous" about sex being defined as "the biological and anatomical differences between male and female students as determined at their birth."

The judge said his order, which applies nationwide, was not about the policy issues of transgender rights but his conclusion that federal officials simply did not follow rules that required an opportunity for comment before such directives are issued.

"This case presents the difficult issue of balancing the protection of students' rights and that of personal privacy ... while ensuring that no student is unnecessarily marginalized while attending school," he wrote.

> This case presents ... balancing the protection of students' rights and that of personal privacy.
> Judge Reed O'Connor

The ruling was the second recent setback for transgender advocates. Earlier this month, the U.S. Supreme Court ruled that a Virginia school board can block for now a transgender male from using the boys' restroom while justices decide whether to fully intervene.

THE ASSOCIATED PRESS

A plane drops fire retardant on a fast-moving wildfire in Spokane, Wash., that is threatening structures.

THE SPOKESMAN-REVIEW/THE ASSOCIATED PRESS

# Crews fight wildfires

U.S. WEST COAST

## Hearst Castle closed but Yellowstone stays open

Growing wildfires fed by windy, dry conditions have destroyed buildings and forced evacuations in central California and eastern Washington.

Crews in both states fought to contain the blazes Monday, with firefighters making headway in the Golden State while authorities tried to determine the number of homes lost in the Northwest.

Here's a look at major wildfires in the West:

**CALIFORNIA:** A growing wildfire in central California had charred nearly 130 square kilometres by Monday, while a destructive blaze in Southern California was mostly under control.

The blaze in San Luis Obispo County was threatening houses and only partially contained.

Residents of mostly rural homes near Lake Nacimiento were ordered to leave late Sunday. Several other nearby communities have been under evacuation orders for days.

The famed Hearst Castle was closed over the weekend, though officials said the fire was growing in the opposite direction of the popular tourist attraction built by media magnate William Randolph Hearst.

Meanwhile, a fire that destroyed 105 homes in Southern California was almost entirely contained and all evacuation orders were lifted.

**WASHINGTON:** Three fires in the Spokane area have burned some homes and forced evacuations.

One blaze west of the eastern Washington city had destroyed at least six homes. The Lincoln County Sheriff's Office said 11 structures were destroyed, a figure that includes homes, garages and outbuildings.

People in the small community of Wellpinit on the Spokane Indian Reservation have been told to evacuate. The town also lost power.

Authorities said the blaze jumped the Spokane River and was charring tribal land.

Two other wildfires are burning in the Spokane area, also causing evacuations and destroying an unknown number of buildings.

**WYOMING:** The largest fire in Yellowstone National Park in northwest Wyoming grew amid windy, warm weather, but tourists could still visit the popular park. All the park's main tourist facilities and roads were open Monday, although the fire was creeping toward a key road linking the West Entrance with the park's interior.

The blaze has charred mostly remote forest between West Yellowstone, Montana, a border town just outside the park's western boundary, and the Madison Junction recreational area within the park.

THE ASSOCIATED PRESS

CONVENIENCE STORES

# Couche-Tard pays $4.4B for U.S. chain

Alimentation Couche-Tard, already among the largest convenience store operators in North America, announced a $4.4-billion US friendly acquisition Monday that would significantly expand its presence south of the border.

The Quebec-based company that owns the Mac's and Couche-Tard convenience store chains said it was buying CST Brands, which is headquartered in San Antonio, Tex., and has more than 2,000 stores in the U.S. and Eastern Canada.

Brian Hannasch, CEO of Alimentation Couche-Tard, told analysts on a conference call that CST Brands fills a few gaps in his company's U.S. retail operations.

"It gives us an entry into Texas, a market that we've been focused on penetrating for the last three or four years," Hannasch said.

THE CANADIAN PRESS

**BY THE NUMBERS**

| Canada | United States |
|---|---|
| About 1,830 stores under the Couche-Tard and Mac's brands. | More than 6,050 Circle K and Kangaroo Express sites in 41 states. |
| **Europe** | **International** |
| 2,659 full-service (convenience and fuel) and automated stations (fuel only) under Circle K, Statoil and INGO brands. | Licensing agreements cover almost 1,500 stores under the Circle K banner in China, Costa Rica, Egypt, Guam, Honduras, Hong Kong, Indonesia, Macau, Malaysia, Mexico, Philippines, United Arab Emirates and Vietnam. |

**IN BRIEF**

**June wholesale sales up**

Canadian wholesale sales were better than expected in June, offering a sliver of economic optimism in what's expected to be a rough quarter. Statistics Canada said wholesale sales grew by 0.7 per cent to $56.4 billion.

THE CANADIAN PRESS

**market minute**

**DOLLAR** 77.22¢ (–0.56¢)

**TSX** 14,748.19 (+60.73)

**OIL** $47.41 US (–1.70¢)

**GOLD** $1,343.40 US (–$2.80)

**NATURAL GAS:** $2.68 US (+10¢)
**DOW JONES:** 18,529.42 (–23.15)

Frozen ducks are ready for sale in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

# Canadian producers to double duck output

FOOD

## Celebrity chefs, reopening of Mexico market spurs demand

Despite a surge in cheap imports, Canadian duck producers are planning to boost production due to growing consumer demand spurred on by celebrity chefs and the reopening of the Mexican market.

Brome Lake, the country's oldest processor of domestic Pekin duck, is spending $30 million to build a facility in a former beef plant in Asbestos, Que., that will double its annual production capacity in five years to four million birds.

Ontario rival King Cole Ducks also plans to increase its output to stay competitive.

Canada's three largest producers, which also include B.C. supplier Fraser Valley Specialty Poultry, expect overall annual production to double from the current level of 5.5 million ducks.

A popular delicacy in Asian communities, duck is increasingly being sampled by new consumers.

"The young generation is trying more and more different products and duck is one of them," said Claude Trottier, president of Brome Lake, founded in 1912.

Although pricier than chicken, the red meat protein is increasingly being selected as an alternative to beef, which has experienced steep price increases.

Brome Lake hopes to begin production in November, four months after a fire destroyed its processing operations, offices, distribution facilities and a retail store in Knowlton, Que.

Processing has temporarily been shifted to a co-owner's operations in Indiana.

Duck is a Canadian niche culinary offering, but it's a popular item in Quebec for Brome Lake.

The processor aims to spur sales in the rest of the country beyond Chinatowns by offering a wider array of its products, including fresh meat, leg confit, sausages, duck pie and fondue meat — all of which are readily sold in Quebec supermarkets.

It also plans to educate consumers at supermarket tastings about the product that's traditionally only been served at Christmas and on other seasonal holidays.

THE CANADIAN PRESS

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metro VIEWS

Your essential daily news

Tuesday, August 23, 2016

METRO POLL

## Best summer Games for Canada ever?

Canada's 22 medals in Rio amounted to the highest total at a summer Olympics since the 22 collected at the 1996 Atlanta Games. And our three gold medals was two better than at the 2012 London Games, though well short of the seven we won in Barcelona in 1992. And, of course, there were the exploits of Penny and Andre. We asked our readers to reflect on Rio.

**1 Was Rio the best ever performance for a**

**2 Who was the breakout Canadian star?**

**63%** Penny Oleksiak in swimming
**25%** Andre De Grasse in sprinting
**13%** The women's rugby sevens team

**3 How many medals will Canada win in 2020?**

**63%** Between 22 and 25
**31%** More than 25
**6%** 22 on the dot
**0%** Less than 22

**4 What was your favourite moment?**

**Kish finding her dad at the end of the bronze medal rugby game, if I had to pick just one.**

**Honestly, it was watching the women's 75 kg weightlifting finals. Wow!**

**It's Gotta be the Bolt-De Grasse bromance**

**Every single thing Penny did in the pool. What a hero!**

visit metronews.ca
HAVE YOUR SAY

# Carve 'em into stone: The 8 Path Commandments

KLASZUS' CALGARY

**Jeremy Klaszus**

Calgary's riverside pathways are some of our most lively public spaces.

But with the sheer volume of people out there, we need common guidelines to keep things reasonably safe and enjoyable.

The brainchild of former mayor Jack Leslie, the multi-use pathway system throbs with people downtown — particularly around lunchtime and on summer weekends.

This level of activity is good. It's what you want in a city. But everyone seems to have a different understanding of what constitutes acceptable pathway behaviour.

On a recent day, I witnessed a guy on in-line skates stick-handling a ball at high speed, a teenager popping a wheelie at a busy pathway intersection, someone cruising on a Segway and clumps of runners everywhere.

Everyone seems to have their own riff on the "multi-use" aspect of the pathway system. This is part of what makes them so appealing.

But without some common guidelines, it can get a little ugly out there.

With that in mind, here's a refresher. Some of these are city rules and some are my own suggestions. Can you tell which are which?

**1. Slow down.**
A busy path is not a speedway. If you're on two wheels, don't be a pathlete playing Tour de France. Ease up by others. This includes dogs, toddlers, seniors and everyone in between. Kids are unpredictable and it's up to you to avoid hitting them. Cruise, don't careen.

**2. Stay right.**
That yellow line down the middle of the asphalt? It's not decorative. You're supposed to be on the right side of it, not the left. Stay in your lane so others can pass and traffic can flow smoothly.

**3. Use the correct path.**
In some places, the pathway is twinned. This, too, is not an esthetic feature. If you're on foot, use the pedestrian path. If you're on wheels, take the bike one. They're separated for a reason.

**4. Keep your dog close.**
Retractable leashes and pathways don't mix. They're a disaster waiting to happen. At worst they cause crashes. At best they get in the way. Protect your pooch with a short leash (max two metres, say city bylaws).

**5. If you're a shirtless guy with a snake, don't even.**
No one is impressed. Sorry. Go home.

**6. Ring your bell before passing.**
It shows respect while keeping everyone safe. Plus, it's satisfying. A fine bell adds a musical touch to all the commotion.

**7. Be alert.**
When you're oblivious to what's happening around you, it's annoying for others. Turn down your earbuds so you can hear bike bells. Look up from your phone. Step off the path before focusing intently on catching Pokémon.

**8. Be patient with each other.**
People (and animals) will inevitably get in your way, or go too slow for your liking, or otherwise annoy you. Roll with it. It's a shared pathway, after all

---

**Jeremy Klaszus** is a freelance journalist and stay-at-home dad.

## ROSEMARY WESTWOOD

# No politician is exempt from the temptations and pitfalls of politics

On Saturday night, the king of Canadiana, Gord Downie, used the stage at The Tragically Hip's final national tour — which has lent us more pride and unity than Tim Hortons ever could — to praise Justin Trudeau's commitment to indigenous Canadians.

As if Trudeau's Teflon popularity needed a boost.

His approval ratings in June were so high (at 56 to 63 per cent) that iPolitics wondered, "How long will Trudeau's luck last?"

Canadians (mostly) see him less as a politician than as a genuinely good guy who's going to genuinely change our country for the better (and look good doing it).

But here's the thing: Trudeau is indeed a politician, and sooner or later, he's going to screw up like one.

Already, his health minister, Jane Philpott, has stepped in that most obvious and cliché of controversies: unnecessary overspending for no purpose other than convenience or preference for room-temperature cheese.

It doesn't take a smart, powerful woman to realize that $1,700 on a limo service for one day would be bad optics as well as bad taste. And yet there was Philpott this weekend, apologizing for just such a snafu while hoping we believe it was an honest mistake, instead of a classic example of a political privilege.

Likewise, witness Trudeau's kindred spirit and brother-in-sleek-suits, U.S. President Barack Obama, who has been embarrassed into visiting flood-ravaged Louisiana today. He'd previously been photographed bike riding with his daughters on holiday, while tens of thousands of people fled what the Red Cross has called "likely the worst natural disaster in the United States since 2012's Superstorm Sandy." The optics were already eerily similar to George Bush's absence during Hurricane Katrina, and then who should show up to hand out kids' toys but Donald Trump (proving that he can do the odd bit of conventional politicking).

The problem, as the National Post's Robyn Urback noted, is that "entitlement is, generally speaking, a non-partisan illness."

I have a better chance of buying a house in Vancouver than Justin Trudeau has of keeping up this nice-guy-in-a-politician's-clothing act. There will be more Philpott-esque controversies, because there always are, and Trudeau should be held responsible when they happen.

That doesn't mean we have to give up our Gord Downie-approved hope. I'm among those who believe it may be well placed. Meaningful change could happen, but the fairy tale won't last.

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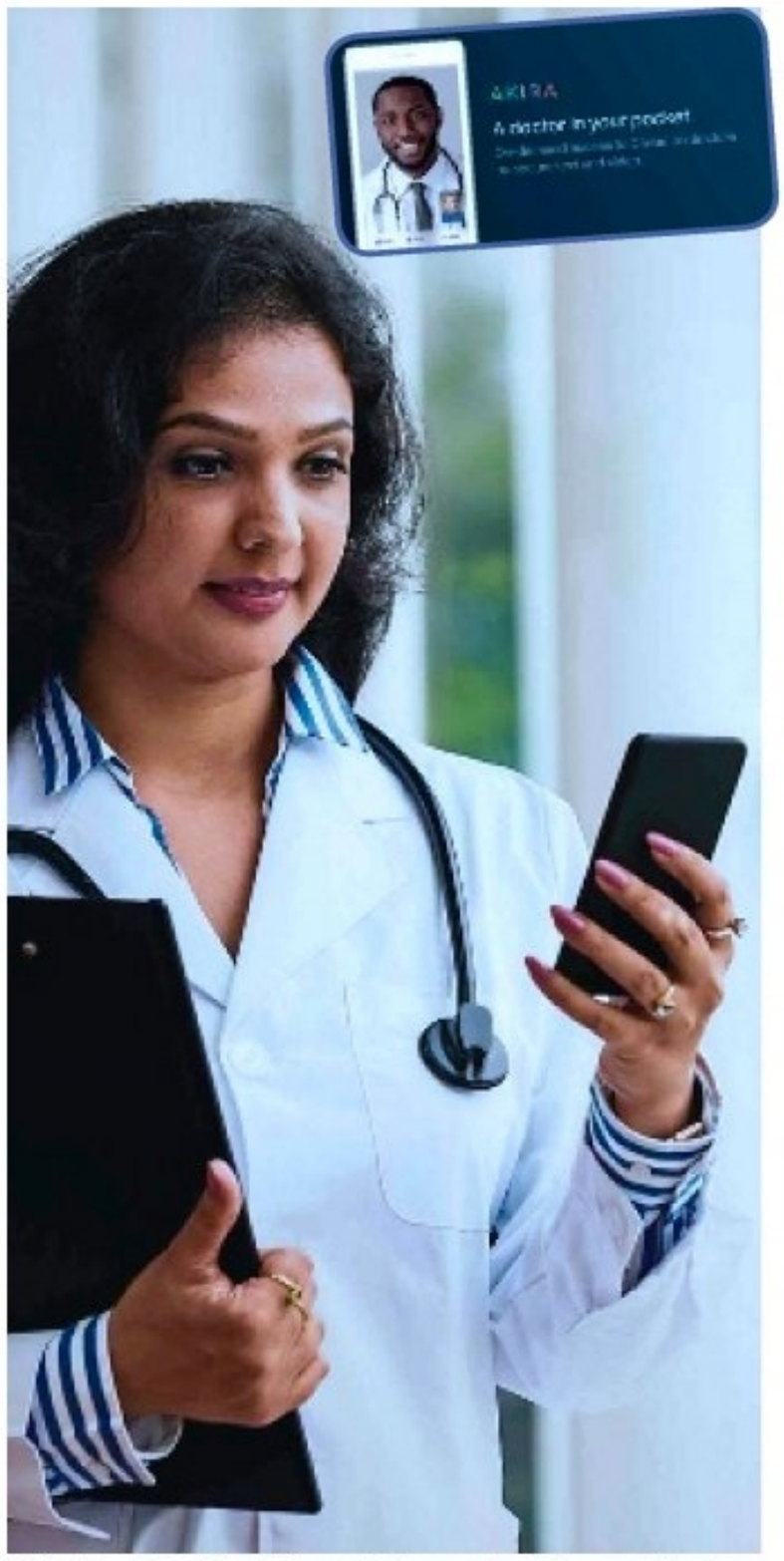


Akira (logo inset) is a telemedicine app that allows patients to speak to doctors via text and video conferencing to get medical advice and prescriptions. ISTOCK

# Doctors without bricks and mortar

TECHNOLOGY

## Can an app replace a visit to your health care provider?

Genna Buck
Metro Canada

When Nicole Simone had telltale signs of an eye infection a few months ago, she was pretty sure she knew what she had. She also knew her family doctor typically books appointments at least three to five days in advance.

Suspecting she was contagious, the Toronto-based photographer didn't feel up to visiting a walk-in clinic.

So she downloaded the smartphone app Akira, made by the Toronto startup of the same name. She signed up for a $9.99/month plan, filled out a form with her health history, submitted some photos of her eye, and spoke to a doctor by text message, answering "a bunch of questions."

Within 20 minutes, a prescription for an antibiotic had been sent to Simone's pharmacy. She did not need to submit her health card.

"I paid 10 dollars to not wait in the waiting room and catch more diseases," Simone said.

Services like this have been around in the U.S. for years, but they don't seem like they would be allowed in Canada — doesn't our single-payer health care system cover the treatment of eye infections?

It does. But in Ontario, where Akira launched in May, the provincial health insurance program doesn't cover telemedicine — the use of telecommunications technology to provide clinical care — so companies are free to charge for it.

And Canadians are eager to pay for it. A 2014 report in HealthcarePapers found nearly 80 per cent of us would like to be seen by our health providers online. That's what Akira does: Via text and video conferencing, its doctors and nurse practitioners can examine you, give advice, order lab work, refer to specialists and write prescriptions — all without you leaving the couch.

All this raises questions about what role the for-profit tech industry should play in Canadian health care, where medically necessary services are privately provided, but publicly funded and free; a right many Canadians hold sacred.

Plans are in the works to expand across the country, Akira CEO Dustin Walper said, but it could take awhile because what services are covered varies from province to province. Health care, like transportation and communication, could benefit from a bit of disruption from the tech sector, he added.

Pascale Lehoux, public health innovation professor at L'Université de Montreal, is less enthusiastic.

"The electronic health industry is very heterogeneous, including many small startup firms that have to generate a lot of "buzz" for investors … these firms have to chase the most profitable business model (e.g., clients with low health risks)," she said in an email.

Lehoux is not confident private, digital health services will ease the burden on Canada's overtaxed health system.

"From a public health perspective, such firms are unlikely to respond to pressing needs," she said.

"They respond to the needs/anxieties of (potentially wealthy) clients and work with physicians who are highly sensitive to financial incentives. What kind of health outcomes shall one expect from that?"

Akira's doctors are paid by the day by the company, regardless of how many patients those doctors see, and visits are unlimited.

The company also relies on patients to give their medical history. Akira will send its records to your doctor, with permission, but the reverse isn't possible — your family doctor can't share your electronic medical record with Akira.

Walper said it's not for him to say whether Akira is eventually covered by provincial plans, private insurance, or continues as an out-of-pocket service.

But he thinks one day Canadian hospitals will come knocking, wanting to use the technology that companies like his have developed.

"If we don't incubate and innovate our own companies in this country, down the road, we're just going to buy the technology from someone else."

**BY THE NUMBERS**

**30**

**The typical age of an Akira user, according to CEO Dustin Walper.**

**80%**

**The proportion of Canadians who would like to be able to see their health provider online.**

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# Don't let chores breed resentment

RELATIONSHIPS

## Couples need a system for dividing responsibilities

Sofi Papamarko
Torstar News Service

Jen Horsey travels a lot for work. So does her boyfriend. Sometimes, things get messy.

"When I get home from a trip, I unpack right away," says Horsey, a marketing professional.

"I put the dirty clothes in the laundry, stow the suitcase and restore all my toiletries to the bathroom — even if I'm only home for a couple of days before I leave again. He, on the other hand, just opens his suitcase and lets it vomit its contents all over our bedroom floor."

Horsey doesn't consider herself a neat freak — houses are meant to be lived in, after all — but she does prefer it when things look tidy. "My boyfriend doesn't notice mess the same way I do," Horsey says.

It's not a gender thing. Nine times out of 10, my own boyfriend's place is immaculate. Whereas I am writing this on a coffee table littered with old magazines, bottles of nail polish and a constellation of pistachio shells. (I'll get to it later, okay?)

No matter how compatible you may be with your partner, if you have different cleanliness ideals, could it spell trouble for your relationship? I asked Toronto psychotherapist and couples counsellor, Kirk Austensen.

"(Cleanliness and) the division of household labour is absolutely an issue in a relationship," he says. Austensen explains that in relationships where there is this type of imbalance, there is usually one person who is an "overdoer," while the second is a more laissez-faire person. The labour imbalance eventually breeds resentment. "Resentment is the number one relationship killer," says Austensen.

Hiring a regular cleaning service is a great solution. But what about couples and families who can't afford it?

Austensen recommends that couples communicate and create a vision or plan that works for them (for instance, one partner does the cooking and cleaning and then other partner does the laundry, yardwork and handles the bulk of the childcare).

If one of the partners slips up, nagging is definitely not the way to go, as it could breed further resentment. "There has to be feedback and positive acknowledgement," says Austensen. "Couples should be checking in with each other about the things that they're both doing and contributing, ensuring that they're honouring their commitments."

**Jen Horsey and her boyfriend don't exactly see eye-to-eye on when it comes to how quickly one should unpack a suitcase after a trip.** TORSTAR NEWS SERVICE

Praise your partner for the things they do around the house ("Thanks for unloading the dishwasher, honey!") instead of complaining about what they don't do or haven't gotten around to yet. And figure out what works best for both of you.

Horsey came up with her own creative solution to her and her boyfriend's post-trip clutter issue — he has his own patch of floor.

"That is where his pile goes. I don't try to organize it or clean it, aside from putting a suitcase or blanket over it sometimes to camouflage the eyesore," she says. "For his stuff, that is 'put away.'"

She also outsourced the rest of the problem. "I have a cleaning lady who is fantastic. She only comes every couple of weeks but it's a great reset and we don't fight about household chores anymore — because there aren't any."

> **Resentment is the number one relationship killer**
> Psychotherapist Kirk Austensen

PET PSYCHE

## Meet Gunner: He loves swims, snacks and superhero Underdog

When two-time Paralympian Katarina Roxon first laid eyes on Gunner, she knew he was the perfect dog for her. The only catch was he belonged to someone else. Lucky for Roxon, that someone was her close friend, Travis, and the two decided to give joint custody a try.

With the countdown on to the Rio 2016 Paralympic Games, Roxon's time is divided between the pool and the gym — and her part-time pooch is always game to join her for a 10-kilometre run. But it's in the water where both Roxon and Gunner are happiest.

As the current world record-holder in the 50-metre backstroke, Roxon is not only out to defend her title, but also medal in all six other events in which she's competing starting Sept. 9.

Here we're put Roxon to the test with part of the personality questionnaire made famous by French novelist Marcel Proust.

**Katarina Roxon and Gunner.** TORSTAR NEWS SERVICE

**What is Gunner's idea of perfect happiness?**
Definitely being in the water — whether it's clean or dirty water, he really doesn't care — he will go in and have a big old splash. He loves it.

**Who is Gunner's hero of fiction?**
Underdog (Disney's canine superhero). So in the movie, the dog can fly. Gunner will jump off absolutely everything, so I think he thinks he can fly just like Underdog.

**What would Gunner's favourite occupation be?**
Professional food taster. He will eat anything.

**What is Gunner's most treasured possession?**
His ball. We take it whenever we go to the dog park — and he isn't afraid to share with other dogs. He's really cool about it.

We'll throw the ball and the other dog goes and gets it — Gunner will chase after it too but he'll let the other dog get it — then, we'll get the owner to give the ball back and we'll throw it again.

TORSTAR NEWS SERVICE

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# Soggy pizza stirs summer memories

ESSAY

## Not every child gets the campfire and pine tree experience

Karon Liu
Torstar News Service

Karon Liu writes that this summer he's cooped up in the Torstar test kitchen — where no microwaveable pizza is allowed.
TORSTAR NEWS SERVICE

The quintessential scents of a Canadian summer are the whiffs of pine trees seeping through the car windows while pulling up to the cottage; the morning air that greets you when you open your tent; and the smoky aroma of marshmallows over an open flame.

At least, that's what I was brought up to think were the smells of summer while I was watching TV.

Truthfully, the summer scents of my childhood consisted of soggy Pizza Pops, Kraft Dinner and lukewarm pizza bagels eaten in a wood-panelled basement with yellowy fluorescent lights.

My sister and I didn't spend a lot of time outside when we were kids.

As immigrants from Hong Kong, where temperatures average 30 C in the summer and the humidity gets so intense you have to refrigerate bread or else it gets mouldy, my mom found it perplexing that people would willingly leave an air-conditioned home and sleep in a tent or eat on a patio.

My mom is also one of those moms that would forward you emails in all-caps believing that urban legends were real.

She'd tell us stories of strangers pricking people with AIDS-infected needles in movie theatres, and my favourite: kids being kidnapped, killed and then having their bodies used to smuggle cocaine past airport security. You know, stuff you'd tell a 7-year-old.

We didn't believe her, but we were still forbidden to go outside without adult supervision — including the backyard. So when school was done for the year, we'd just stay inside all day. My grandma was still living with us at the time and she watched us while my parents were at work. She'd heat up a can of alphabet soup for my sister and I while we watched The Price is Right followed by The Flintstones. After that it would be another block of TV-watching in the basement before the afternoon hunger pangs set in.

Our fridge was stocked with all kinds of frozen junk food stockpiled from Costco: Pizza Pops, Bagel Bites, French fries.

My parents knew this was the bottom of the barrel when it came to nutrition, but it was quick to heat up and didn't require my sister or me to turn on the stove.

As first generation kids growing up in the '90s — a time when sushi and hummus were still exotic to the masses — we wanted to fit in with all the other kids and stuff ourselves with the junk food we saw on TV. I can still conjure up the moist and funky smell of overly processed pizza sauce undoubtedly seeping into the faux wood-panelled walls of our basement.

I don't think my sister and I ever really enjoyed eating that garbage, but we convinced ourselves that we were supposed to like this stuff since we saw it advertised all the time.

We didn't really embrace Chinese cuisine again until we were in our 20s.

It's something I look back on with a bit of regret: I was too busy stuffing myself with crap food to appreciate my grandma's food. She died by the time I developed an interest in cooking.

Eventually, our lives became less of a Virgin Suicides scenario: My sister moved out to live when her then-boyfriend and I became a boots-on-the-ground aspiring reporter and went to study journalism.

To our parents' credit, they trusted us. They knew we'd have to explore the world or else we'd be a pair of Chinese Norman Bates, and they accepted that there's a cultural difference between us that they would never understand (for example, me going camping and my sister's love of brunch).

Nowadays, my sister's summers consist of her and her husband taking their little Madeline to the park.

Ironically, this summer I'm cooped up in Torstar's test kitchen as the aroma of cookies, seared chicken and roasted cumin-scented cauliflower fills the windowless room. No microwaveable pizza is allowed.

GOSSIP BRIEFS

### Netflix to stream new Anne of Green Gables

Anne Shirley is going around the world. Netflix says it will stream an upcoming new Anne of Green Gables adaptation, which will also air on CBC-TV and has several women at the helm.

Emmy Award winner Moira Walley-Beckett is writing the entire first season of the new series Anne, which is based on Lucy Maud Montgomery's classic novel. Niki Caro will direct the two-hour series premiere, while Miranda de Pencier produces the show. THE CANADIAN PRESS

GOOD MORNING AMERICA

## On-air racial slur a 'mistake': Robach

Good Morning America co-anchor Amy Robach has apologized for saying "coloured people" on Monday's broadcast of the ABC program.

Her use of the term sparked criticism on social media. "Offensive," tweeted one viewer. Another said Robach "gets a pass this time" but vowed to ditch GMA for a rival morning program if it happened again.

During a segment on diversity in Hollywood, Robach, who was substituting for Robin Roberts, noted recent criticism for casting white actors "in what one might assume should be a role reserved for coloured people."

After the broadcast, Robach released a statement explaining she had meant to say "people of colour."

Amy Robach . EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS FILE

She called the incident "a mistake" and "not at all a reflection of how I feel or speak in my everyday life."
THE ASSOCIATED PRESS

# CONTINUING EDUCATION

## Join the health care field

Demand for health care workers is high, and that includes demand for health care aides.

To help meet this need, ABES (Alberta Business and Educational Services) offers the 21-week Government of Alberta health care aide course designed for those who enjoy caring for others and are looking to get into the workforce quickly.

As a health care aide, you'll work directly with clients in hospitals, nursing homes, long-term care, home care, assisted living and group homes.

You'll help them with mobility, personal care, assisting them to eat their meals, and medication monitoring.

It's a face-to-face, people-focused job.

Aside from gaining a Government of Alberta health care aide certificate, graduates of this program will walk away with a number of other certifications that will add to their list of skills and credentials.

ABES also makes sure they stay in touch with the industry demands and they work with local employers to ensure students are receiving the most up-to-date and relevant skills and knowledge so they know what employers are looking for when they hire.

The three clinical rotations that students must complete as a part of the program also helps to connect students with potential employers and gives them the confidence and experience they will need to enter the workforce.

For recent graduate Airane Mujawase, her experience in the ABES health care aide program was a positive one and credits her educational success to the care and support of the instructors.

"The teacher was amazing, I learned a lot of things that will help me in my career," says Mujawase.

"I was very confident in what I was doing during my clinical and practicum, all because our teacher and our instructors, and because of what I learned from them."

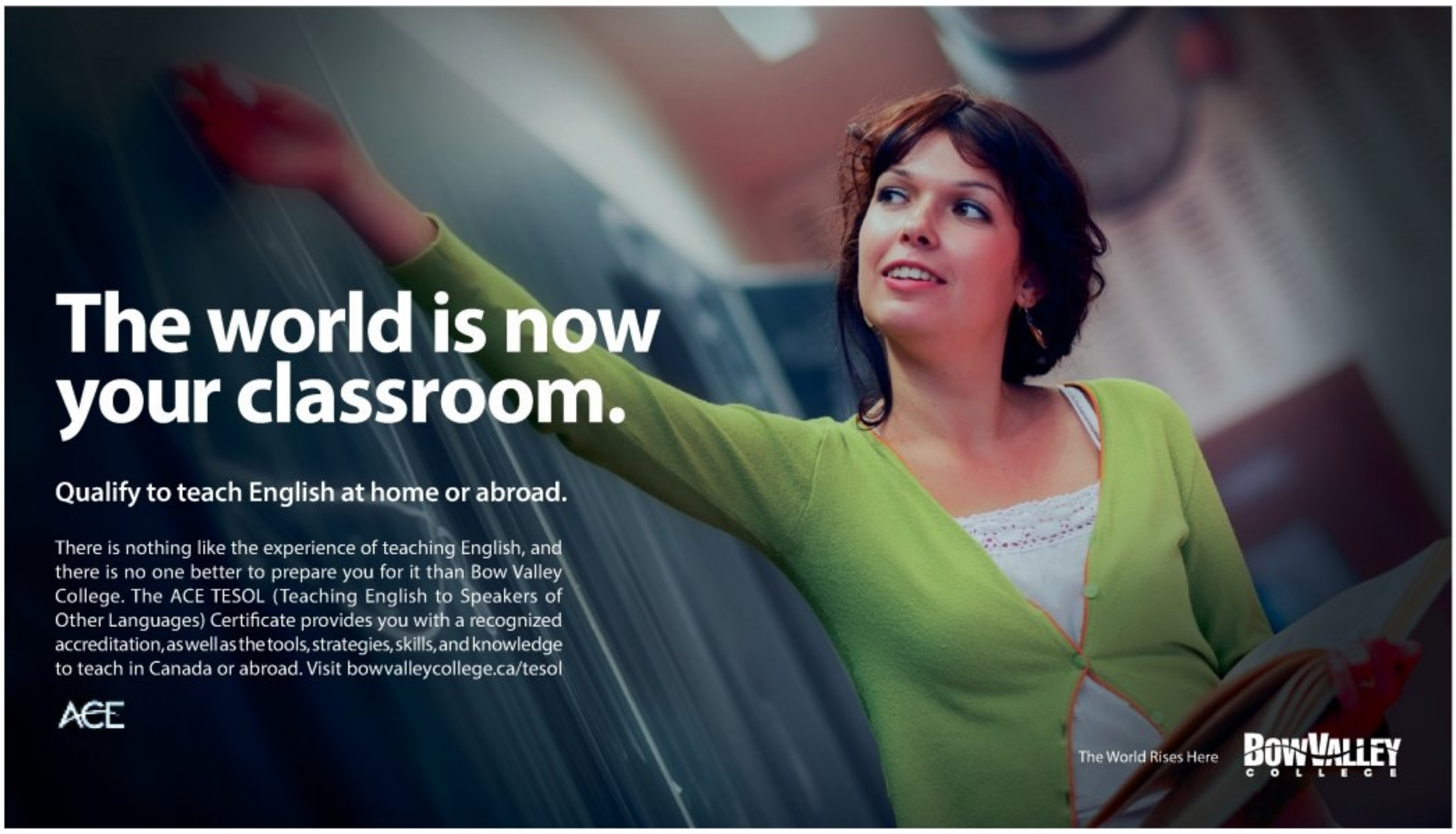
ISTOCK

Mujawase says the experience was so pleasant that she would encourage others thinking of entering this field to consider training at ABES.

"I will not hesitate to refer others who want to take the health care aide program to ABES," says Mujawase.

This course also offers a bridge to an LPN training program for those who would like to continue your education in the health care field.

For more information about this program, or ABES, visit abes.ca.

# Prepare yourself with the write stuff for university

***UNIVERSITY WRITING IS DIFFERENT AND MORE CHALLENGING THAN WHAT IS EXPERIENCED IN HIGH SCHOOL***
***– Rafael de la Peña, director, Learning Centre***

CONTRIBUTED

With universities getting set to kick back into high gear come September, there are a few things new university students can do now to help to prepare for this new stage in their life.

The intensive one-week Academic Writing Institute offered at St. Mary's University is designed to provide guidance and practice to enhance academic writing skills while taking a critical approach in reading and writing.

"University writing is different and more challenging than what is experienced in high school," says Rafael de la Peña, director at the Learning Centre.

The institute is strongly recommended to students starting university this fall with the aim of helping them succeed academically and get the most out of the time in university.

De la Peña says the students who took the course last year said it boosted their success in their first year of university and helped them begin the term with confidence.

Including students like Michael Dumais.

"The class really highlighted problem areas in my own previous writing, and where I need to focus my attention going forward," he says.

"The first step to getting better is knowing what you don't know."

For Jenn Klym, it was just what she needed to kick start her new school year.

"AWI was a great introduction to university and I feel that it definitely helped prepare me for what is expected in assignments," she says.

This year's AWI takes begins Aug. 28 to Sept. 2.

## *Planning ahead*

*While the summer of 2016 is quickly coming to an end, it is not too early to start considering a university summer prep course for the summer of 2017.*

*For students who will be entering into university in the fall of 2017, St. Mary's offers the university pathways high school equivalency courses for English 30 and math 30.*

*"It is a great opportunity for students starting postsecondary education to refresh their foundational math or English knowledge and skills, while fulfilling admission requirements," says de la Peña.*

*These courses are part of the ACAT (Alberta Council on Admissions and Transfer) system, so are accepted across the province at other post-secondary institutions.*

*For more information about any of these courses, visitstmu.ca.*

ISTOCK

# Being a post-secondary parent

Between slinging diapers, soothing meltdowns and finding a second to snooze, new parents might rank 'going back to school' quite low on their priority list. But for the brave bunch who take on the challenge every year, the approach of the first semester can often lead to stress, second thoughts, and more sleepless nights than usual.

"I would say to them first of all that we see it all the time," says Carole Morrison, director of Queens University's Ban Righ Centre, which provides assistance for women returning to education. "We see that it is possible. Definitely possible."

Morrison adds that new parents, having already encountered an extraordinary life change, will come to class equipped with organizational skills and self discipline, often giving them an academic advantage over many of their colleagues.

"These students often do really well if they access the programs that are available to them," says Morrison, pointing to resources such as academic counselors, peer support groups, financial aid services and on-campus childcare. "They shouldn't hesitate to maximize the support they need."

Luba Song, who recently completed a three-year MBA program at the University of Toronto, did just that.

"I found a program that was specifically designed for those who wanted to study on a part-time basis," says Luba Song, the proud mother of one-year-old twin girls and an eight-year-old boy. "I really had to multi-task. It forced me to get my work done ASAP because I would never know when I'd have the next free minute."

Josh Moore admits that the issue of time is also on his mind. The new father, sous chef and mortgage agent decided to undertake a bachelors of education in hospitality and tourism at York University this fall.

"The most important thing in our lives is our daughter and her quality of life," says Moore of his young family. "I want to spend as much time with her as possible during these years in which she actually wants to spend time with us."

Tenniel Rock, manager of counselling and student well-being at George Brown College, points out that while this separation anxiety is present in many parents returning to school, this very event may well prove to be a positive turning point in a child's development.

"This will be challenging," says Rock, "but what a wonderful challenge to work through together as a family."

"Expect that there are going to be tears, for both you and your child," she continues. "They may not understand this now, but to look back eventually and know that their mom or dad spent all this energy and time for their benefit … that's an amazing gift."

Don't give up your daydream

Remember what you wanted to be when you grew up?
Dawn does. Now, as an education assistant,
she's teaching others to live their dreams too.
What's next for you?

mru.ca/conted

MOUNT ROYAL UNIVERSITY
1910

# Advancing careers by meeting demand for ongoing training

CONTRIBUTED

Bow Valley College is committed to providing people in this city and region with access to high-quality, lifelong learning opportunities.

BVC is the largest accredited, comprehensive community college in Alberta and its continuing education program has provided leading courses to thousands of learners for more than 50 years.

Continuing education at BVC arms learners with advanced competencies and certifications in selected occupations.

"We consult with over 300 industry leaders to ensure the education we provide is relevant and in-demand," says Natascha Doiron, program coordinator at BVC's Chiu School of Business.

"Our courses are popular with everyone as we have flexible learning options where learners can study at their own pace with online courses or come to classes in the evenings and weekends."

BVC certificates are taught by industry-leading professionals providing learners with the knowledge, technical ability, and workplace skills required to be successful.

"Having partnerships with national associations, learners can gain relevant skills and competencies that are recognized by various associations," says Doiron.

BVC collaborates with other educational organizations, post-secondary institutions, governments, businesses, non-profits, and associations to foster understanding and expertise in the economic and social well-being of this province.

"This collaboration is advantageous to our learners as we put together extensive skills training and career courses that are available to the general public," says Doiron.

"This learner-centred approach enhances lives, prepares the learner for further education, and advances their careers."

Despite the economic downturn, BVC is seeing an increase in demand for continuing education courses.

Individuals are looking for qualifications to gain a competitive advantage in this market.

"With enrollment up by 20 per cent at the Chiu School of Business, learners are focused on career advancement, mid-career changes, upgrading of skills, and personal advancement," says Doiron.

"Anyone can quickly and cost effectively complete professional certificates at Bow Valley College that are focused on helping them develop relevant, in-demand skills that employers are looking for."

This fall, BVC is pleased to be offering several new certificates through the Chiu School of Business continuing education department.

These include: the business development and sales professional certificate, entrepreneurship certificate, payroll professional certificate, purchasing professional certificate, and production and inventory management certificate.

Visit bowvalleycollege.ca/conted for more information.

# It's not too late to enrol

It's the traditional back-to-school time of year, and whether you're looking for a full-time diploma or certificate program or to upgrade your skills, Academy of Learning Career College has a number of programs to choose from that will have you prepared for the workforce in less than a year.

Academy of Learning's seven Alberta campuses in Edmonton, Calgary, Red Deer and Medicine Hat offer convenient access to nearly 30 college diploma and certificate programs.

"With the back-to-school vibe in the air, many people might think it's too late to enrol in a college program, or that they might not be qualified," says Academy of Learning's Brady Sylvester.

"The Academy of Learning model allows for people from all backgrounds and levels of experience to find a program that's right for them, and thanks to our continuous enrolments, with people literally starting every week, it's always the right time to begin your career skills training."

Because most Academy of Learning courses are learn-at-your-own-pace, with flexible scheduling, students are able to make their school schedule fit around their life.

"Most continuing education programs still require you to attend a class, and if you have

ISTOCK

to miss one, you're out of luck — not at Academy of Learning," says Sylvester.

"But even with the freedom of flexible scheduling, there are always qualified facilitators there to offer one-on-one help whenever you need it. It really is the best of both worlds."

For more information, visit academyoflearning.ab.ca.

# Join economic forum to advance social innovation and forge new connections

The Soul of the Next Economy Forum to be held at Ambrose University will allow students, faculty, and the public to connect with and add value to other sectors also seeking positive social impact and change.

The forum will feature a corporate social responsibility roundtable with Calgary business leaders, a social innovation challenge where participants can pitch their social business ideas, an array of knowledgeable speakers, and many connection opportunities.

"We want to enable forum participants to learn about local and global issues, connect with one another and engage in solutions involving both responsible business practices and business-oriented initiatives that address specific issues," says Angie Redecopp, forum chair and associate professor of business and development studies at Ambrose.

Participants will leave with knowledge, connections, ideas and practical next steps.

"The more participants engage in the various opportunities at the forum and the continued connection and action steps that can follow, the more they will get out of it," says Redecopp.

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The Soul of the Next Economy Forum takes place Sept. 30 to Oct. 1 at Ambrose University, and features speakers such as Arlene Dickinson, CEO of Venture Communications and TV personality on the hit series Dragon's Den, Phillip Haid, co-founder and CEO, Public Inc., and social business entrepreneur, Rogério Oliveira, co-founder and country director at Yunus Social Business Brazil.

This event is open to the public and complements the teachings of the Ambrose business program. For more information, visit nexteconomyforum.com or ambrose.edu.

AT WORK LEARNING

**Conflict Resolution At Work**

**September 27, 2016**

| | |
|---|---|
| 8:00 – 8:30 am | Register and receive useful workshop material |
| 8:30 – 12:00 pm | Understand your conflict handling style<br>Start applying the conflict resolution tools |
| 12:00 – 1:00 pm | Guest Speaker: Gary McDougall |
| 1:00 - 4:30 pm | Finish applying conflict resolution tools |
| 4:30 – 5:00 pm | Register for follow-up coaching |

**Lead Facilitator**

Pat Tuckey is currently completing a doctorate in education and is a seasoned learning and development professional specializing in action based learning.

**Guest Speaker**

Gary McDougall is a retired police officer who served with the Calgary Police Service for 25 years; the last 8 years of his career, Gary was a member of the Hostage/Crisis Negotiation Team.

**Co-Facilitator**

Lynn Sikorski creates and leads innovative training and development programs and initiatives to strengthen individual and organizational capability.

**Location: Kahanoff Conference Center**

200 - 105 12 Avenue SE, Calgary, Alberta T2G 1A1

Experience Action-Based Learning - Learn how to put conflict resolution in action – what you learn can be applied to your personal life as well as to your professional life.

Email Pat.Tuckey@atworklearning.com or text 587-999-0901 for more information or to register.

**Workshop Fees: $295** per person includes conflict handling style and conflict resolution tools and lunch; **15% discount for not-for-profit and non-profit employees and their clients**. Maximum enrollment is 50 and last day to register is September 14.

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# Robertson Online makes education accessible

CONTRIBUTED

Not only is online education more convenient, at Robertson College, online students also get the same benefits as on-campus students.

"What differentiates online programs with Robertson College is the dedication to helping you graduate and find a career," says Keith McConnell, director of the online campus at Robertson College.

"Our national career services team covers the country working with the top employers in every province to give our grads the best opportunity to succeed."

Robertson Online offers individuals flexibility of schedule, a variety of programs available in business, health and information technology, as well as monthly starts 10 out of 12 months of the year.

"Every day we are asked when is the best time to start your program. It is a rhetorical question — the best time for you is when you are ready," says McConnell.

"At Robertson, with monthly starts, we are here to help you achieve your goal as soon as you want."

All students can receive one-on-one personal support by staff who assist them in exploring all available financial options.

***EVERY DAY WE ARE ASKED WHEN IS THE BEST TIME TO START YOUR PROGRAM. IT IS A RHETORICAL QUESTION — THE BEST TIME FOR YOU IS WHEN YOU ARE READY***

***– Keith McConnell, Director, Online Campus, Robertson College***

## Recently launched accounting programs

*Robertson Online has recently launched a new accounting and payroll administrator program, and administrative professional/bookkeeper programs.*

*Students will develop a proficiency in an array of areas from keyboarding and computer/office business skills to accounting and bookkeeping.*

*Graduates are qualified to work in a variety of businesses (small or large) and not limited to a specific industry.*

## New this fall and winter: IT programs

*New this fall and winter, Robertson Online will offer multiple IT programs, as well as a number of other new programs that are yet to be announced.*

*"We are regularly working with industry leaders on new and exciting programs in a number of areas," says Keith McConnell, director of the online campus at Robertson College.*

*"When a program makes sense to be delivered in an online format, we make sure we can deliver a high-quality experience that is the same as an in-person, traditional campus program."*

## Next Robertson Online start date: Aug. 24

*For more information about Robertson Online, visit robertsoncollege.com/online-studies/.*

# How to create the ideal at-home study space

Pursuing a degree in one's pyjamas may sound like a dream — but for many students taking on studies from the comfort of home, the distractions of daily living can threaten havoc on retention and resilience.

Susan Korba, director of student academic success services at Queen's University, suggests setting your space apart from your sleeping quarters when designing an academic nook.

"Seek out a place in your home that feels distinct from the areas you feel most comfortable," says Korba. "Have the appropriate tools available and ready there, so that what you're focusing on doesn't bleed into other tasks."

As for where in the house to opt for your office, Korba suggests an area that benefits from sunlight.

"Playing music within the space has also proven to be helpful, as long as it isn't competing for your attention," Korba continues. "Lyrics can be distracting so often orchestral music or even ambient noise can help to keep focus."

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When University of Guelph student Courtney-Anne Craft opted to take additional courses from her new home in Toronto, she found the presence of her partner to be both rewarding and challenging.

"Having someone going about their day or chilled out evening routine in front of me, while I attempted to get work done was an ultimate distraction," says Craft. "I decided to try to adjust my schedule to times that I was alone in the house."

Having made that switch, Craft took it upon herself to add greater structure to her study routine, which she says benefited both her relationship and her schoolwork.

# At Work Learning offering conflict resolution workshop

Conflict can spiral out of control but conflict can also be healthy if managed.

Individuals need practical, easy to use tools to manage conflict.

"The conflict resolution workshop is the first of many At Work Learning future offerings developed on the foundation of "action learning," says Pat Tuckey, doctoral of education student, learning leader, At Work Learning.

Drawing on the action learning model first introduced by Prof. Reginald Revans, At Work Learning has redesigned several workshops to avoid rote learning (death by Powerpoint) and uses the participative individual-knowledge-based development approach of action learning.

"The learning experience should be centered around finding a solution to an issue that exists or may exist in the future and the individuals work in highly social activities using practical frameworks and tools to work toward a solution," says Tuckey.

At Work Learning offers unique services based on action learning and research-based methodologies.

These services are corporate and government focused but the learning in this workshop is effective for both at home and at work.

ISTOCK

All workshops include the tools and frameworks as well as complimentary pre-needs assessments and follow-up coaching (via email or telephone) for when the individual is ready to apply the skills they learned.

The conflict resolution workshop takes place on Sept. 27 from 8 a.m. until 5 p.m.

For more information about At Work Learning, email Pat Tuckey: pat.tuckey@atworklearning.com.

CONTRIBUTED

# ABM legal program for driven students

The legal assistant program at ABM College is a very strong knowledge-based program where students are given practical knowledge and understanding of different areas in the scope of the legal practice.

"ABM College has a very comprehensive program under the best instructor we have ever had — who is a lawyer and knows exactly what is expected by an assistant at a legal office," says Nasreen Siddiqui, registrar at ABM College.

This program is designed for those students who want to work in a legal department, are intelligent and who are capable of working in an area where attention to detail is required.

The students are guided by a senior lawyer as an instructor and after graduation they are capable of handling the complete assistant workload at any law office.

Students of this program learn the introduction to Canadian Law, and many other topics that will help them to be well versed in any legal environment.

"ABM students are sent out to various credible law offices and courthouses for the practicum and often are offered jobs there because of their competency," says Siddiqui.

Once students have completed this program, they may go on to pursue career opportunities as legal assistants at law firms, justice and law enforcement departments, court houses, paralegal offices, real estate offices, and many more.

The next intake for this 31-week program will be Sept. 6, 2016.

For more information about the admissions requirements or about ABM, visit the website: abmcollege.com.


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# New community certificate helps leaders make an impact

## As corporate social responsibility evolves, Mount Royal University's community investment extension plays a key role in development

The community investment professional extension certificate offered at Mount Royal University (MRU) gives professionals an opportunity to think creatively and strategically as facilitators of community prosperity.

"Under informed and poorly designed corporate-giving programs don't make an impact and can actually do more long-term harm than good," says James Stauch, director of MRU's institute for community prosperity.

"Our community's vitality relies, in many ways, on the ability of these professionals to carry out their work effectively and with impact."

The continuing education program builds skills in program design, evaluation, and implementation, as well as in analyzing complex community issues.

It helps those in the corporate sector better understand community priorities and dynamics, and how non-profit organizations operate.

The program is also designed to help build bridges to the corporate world for non-profit sector professionals, better understanding business perspectives and imperatives.

"This is critical as business is challenged to become more socially-responsible and community organizations are challenged to partner more deeply with the private sector," says Stauch.

"Corporate social responsibility really only has about a 30-year history, and is rapidly evolving with many new demands on people's knowledge and skill sets."

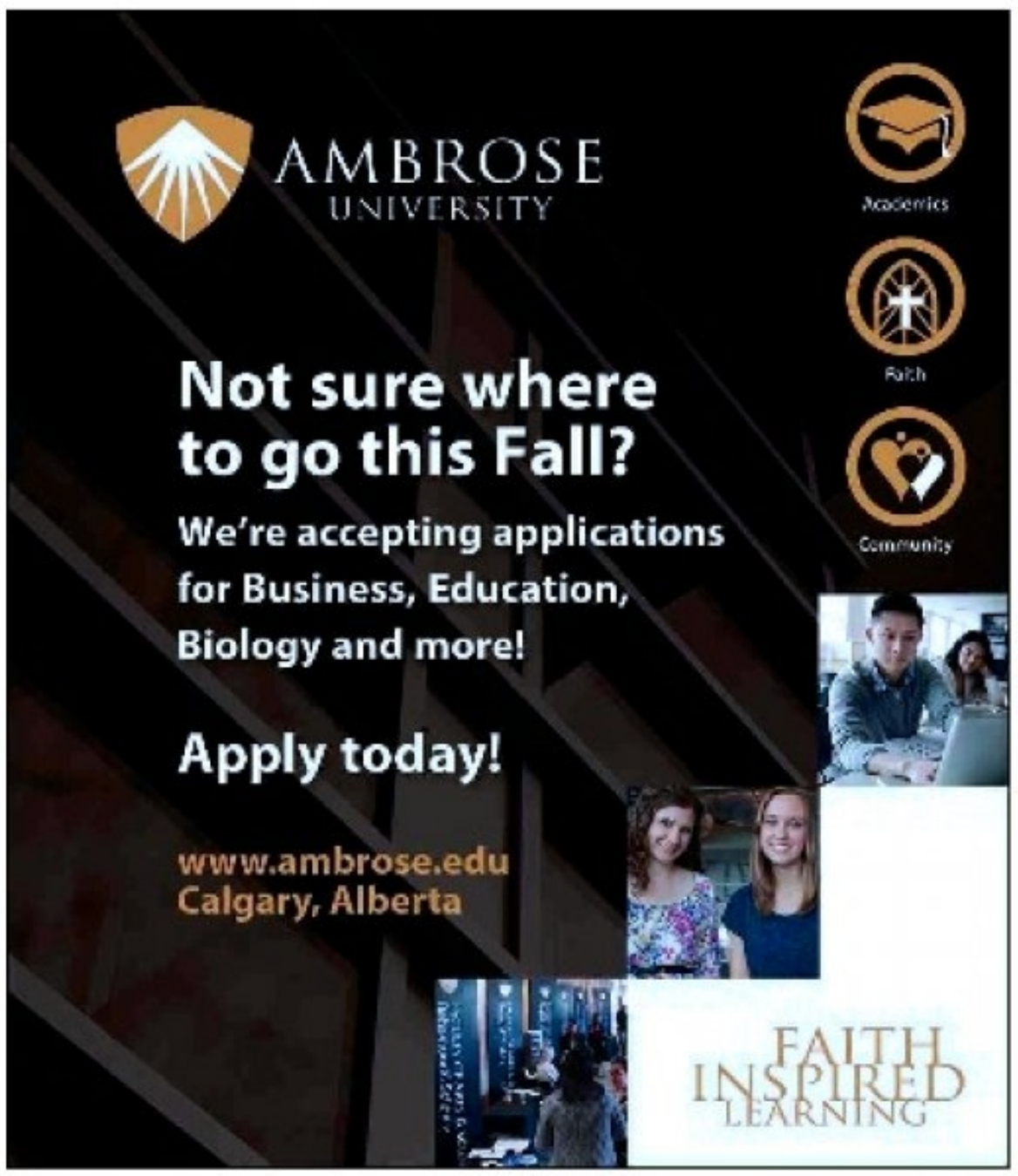
The target audience for the program is professionals working for large- and medium-sized businesses who are responsible for enacting their company's philanthropy, corporate citizenship, community engagement, or social responsibility activities.

CONTRIBUTED

Others who may benefit include non-profit executives, grant makers, fund-raising professionals, and those working in employee engagement, marketing or sponsorship.

All courses are offered online and begin mid-September.

For more information, visit: conted.mtroyal.ca/communityinvestment.



CONTRIBUTED

## Dementia care course fills training gap

Knowledge and training gaps exist across the education of health care professionals, as well as within the health care systems.

"Older adults are not considered a priority within our acute care focused health care system. Therefore persons living with a chronic illness such as a dementia do not take priority in practice concerns nor learning for new health care professionals," says Sandra Gordon, associate professor at Mount Royal University's (MRU) school of nursing and midwifery.

"This is the largest gap in our health care system as the most significant number of persons within acute-care settings are over the age of 65. Therefore statistically we know many of them will be living with a dementia whether or not it has been diagnosed."

The advanced dementia care extension certification course, offered through MRU faculty of continuing education and extension, was designed with a focus on core competencies recommended internationally around dementia care for health care professionals.

"The course is set up to begin with an overview of the disease process, recognition, diagnosis and treatments currently available. But it moves into how to currently care for people within the health care continuum when they are living with a dementia and raises questions and ideas about best practice, evidence-informed practices within the dementia care community worldwide," says Gordon.

The advanced dementia care extension certification course has been developed with health care professionals in mind.

The start date for this new online course is Sept. 9.

For more information, visit: conted.mtroyal.ca/dementia.

metro SPORTS

Olympic gold medallist Neymar won't rejoin FC Barcelona until after Brazil's World Cup qualifiers on Sept. 1 and 6

# Henderson gaining fans among peers

GOLF

## All eyes on 18-year-old at this week's Canadian Open

Canadian golf sensation Brooke Henderson spent well over an hour hammering balls on the driving range at Priddis Greens on Monday as veterans and rookies alike marvelled at her amazing year heading into the Canadian Open.

Henderson, just back from the Summer Olympics in Rio, signed a couple of autographs before retiring to the driving range — working out the kinks as rain started to fall and a blustery west wind continued to blow at her back.

Her success and work ethic have not gone unnoticed.

"I think it's very inspirational to be honest," said Victoria's Naomi Ko, a talented amateur who gained an exemption into the Canadian Open. "It kind of gives me a way to give myself a chance and know if they can do it I can give myself a chance and hopefully succeed like they do."

**Brooke Henderson placed seventh at the Summer Olympics in Rio.** ROSS KINNAIRD/GETTY IMAGES

Ko, like Henderson, is 18 and said Henderson's play isn't a surprise to anyone who knows her.

"She's been playing really well but she's always been a great player," Ko said. "She's always been and I think it was just a matter of time for her to get used to it.

"It's amazing. It's making Canada proud."

Stephanie Meadow, an Irish professional golfer who made her debut at the 2014 U.S. Women's Open, sees a lot of similarities between Henderson and three-time Canadian Open winner Lydia Ko.

"First off they're both great people," said Meadow, who represented Britain at the Rio Olympics. "I've played a lot with Brooke and a few times with Lydia and I can't say enough good things about them.

"Golf-wise they're fantastic players. They're extremely consistent. Brooke hits it a long way for her size and fights it out. They're mentally very tough."

Tournament director Brent McLaughlin said because the Canadian Open is a national championship, it's a major in the eyes of many competitors.

He also couldn't say enough about the kind of year Henderson is having.

"It truly is a joy to watch someone like that grow up in front of your eyes and be so beyond her years," he said. "She's exactly what Canada needed.

"They needed a great hero on the women's golf side. She is that." THE CANADIAN PRESS

> **You need heroes that you root for and Brooke, whether she likes it or not, is that in Canada.**
> Canadian Open director Brent McLaughlin

OLYMPIC SCANDAL

## Lochte dropped by major sponsors

Ryan Lochte lost two major sponsors when Speedo USA and Ralph Lauren announced Monday they were dumping the swimmer over a drunken incident during the Rio Olympics that he initially described as an armed robbery.

Speedo USA also said it would donate $50,000 of Lochte's fee to Save The Children to benefit needy youngsters in Brazil.

"While we have enjoyed a winning relationship with Ryan for over a decade and he has been an important member of the Speedo team, we cannot condone behaviour that is counter to the values this brand has long stood for," the swimsuit giant said in a brief statement. "We appreciate his many achievements and hope he moves forward and learns from this experience."

> **I over-exaggerated the story. If I had never done that, we wouldn't be in this mess.**
> Ryan Lochte

Shortly after, Ralph Lauren followed suit: "Ralph Lauren's endorsement agreement with Ryan Lochte was specifically in support of the Rio 2016 Olympic Games and the company will not be renewing his contract." THE ASSOCIATED PRESS

### IN BRIEF

**Siemian to start Broncos' final pre-season game**

Coach Gary Kubiak named Trevor Siemian the starter for the Broncos' third pre-season game over Mark Sanchez and said he will decide next week who will be under centre against Carolina for the season opener on Sept. 8.

Siemian and Sanchez ended training camp sharing the No. 1 quarterback spot on the team depth chart but neither has been able to claim the job outright. Both struggled with turnovers in Saturday's 31-24 loss to San Francisco. THE ASSOCIATED PRESS

**Power resumes hot stretch at Pocono Raceway**

Will Power can't seem to do any wrong, which means IndyCar has another serious points race looming.

Power continued his late-season surge on Monday, winning the IndyCar race at Pocono Raceway.

It was the fourth win in the past six races for Power, 29th of his career, and cut the lead of Team Penske teammate Simon Pagenaud to 20 points in the standings with three races remaining in the season. THE ASSOCIATED PRESS

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# Donaldson delivering MVP-calibre encore

MLB

## Blue Jays 3B maintaining excellence from breakout 2015

In most conversations about the American League MVP race, Josh Donaldson's name is included. But the Blue Jays third baseman has not garnered the same spotlight he did last year in his dramatic debut season in Toronto when "MVP!" chants rang out on a nightly basis at Rogers Centre.

This year the hype has centred on Houston second baseman Jose Altuve and Boston's 23-year-old outfielder Mookie Betts.

People tend to like what's shiny and new. Just ask Mike Trout, who is on pace to collect more wins above replacement through his age-24 season than any player in history and yet has just a single MVP award to show for it.

Consistent greatness gets old, it seems.

Voter and fan fatigue aside, though, Donaldson may in fact be better this season than last. He's on pace for slightly fewer home runs and RBIs, but he's also making fewer outs thanks to a major spike in his walk rate. He's striking out less, while hitting more line drives and fewer ground balls — and he's even hitting the ball a little harder, according to Statcast's tracking of batted ball velocities.

"I think it's part of just what I've been trying to do over the last four or five years, just continuing to try to be as efficient as possible and keep evolving as a better and smarter hitter," he said.

**JOSH VS. JOSH**

| 2015 | | 2016* |
|---|---|---|
| 122 | R | 125 |
| 41 | HR | 37 |
| 123 | RBI | 106 |
| 73 | WALKS | 103 |
| .297 | AVG. | .289 |
| .371 | OBP | .401 |

*2016 PROJECTED STATS

Donaldson's increased walk rate is particularly noticeable. At 14.6 per cent it's four percentage points — or more than 34 per cent — higher than his career mark and likely a consequence of his success last season.

He hasn't been as good a baserunner as he was last season but he has been more defensively sound. Donaldson has made just two throwing errors — compared to 13 last year — while still ranking among the best at his position according to advanced fielding metrics.

But has he been more valuable? As long as MLB leaves the MVP award open to interpretation, there will be wide-ranging debate.

Donaldson hasn't had as many game-breaking hits as he did last season, when he hit .353 with runners in scoring position and .370 in so-called "high-leverage" situations. This year, by comparison, he's hitting .287 and .279 in those scenarios. He also hasn't hit a single walk-off homer after setting a Jays' record with three last season.

But while he may be less successful in clutch moments — in which luck plays a significant role — he is, as he says, continuing to evolve as a hitter and has arguably improved in that regard.

"It's about going out there and doing it consistently, day in and day out," he said. "I think the more experience you get, you're able to make those adjustments quicker." TORSTAR NEWS SERVICE

**MLB DODGERS RAIN HOMERS ON REDS** Howie Kendrick of the Los Angeles Dodgers congratulates Andrew Toles on his two-run home run in the fifth inning against the Reds on Monday in Cincinnati. Adrian Gonzalez hit three homers of his own and the NL-West leading Los Angeles beat the Reds 18-9. JOE ROBBINS/GETTY IMAGES

## IN BRIEF

**O's sneak past Nationals**
Mark Trumbo hit his major league-leading 38th home run, Jonathan Schoop also went deep and the Baltimore Orioles beat the Washington Nationals 4-3 Monday night in a matchup between neighbouring contenders.

Rookie Dylan Bundy (7-4) pitched six innings of three-hit ball for the Orioles, who had lost five of their previous six games — all at home. The victory lifted Baltimore within two games of first-place Toronto in the AL East. THE ASSOCIATED PRESS

**Price gets Sox even with Jays**
David Price limited his old team to two hits in eight scoreless innings, helping the Boston Red Sox beat the Tampa Bay Rays 6-2 on Monday night to move into a tie for first place with the Blue Jays atop the AL East.

Price (12-8) walked two, struck out eight and didn't allow a runner past first base while extending Tampa Bay's scoring drought against Boston to 25 innings dating to a series at Fenway Park before the All-Star break. THE ASSOCIATED PRESS

LEAGUE CUP

# Liverpool looking for shot in the arm

Deprived of European football, Liverpool and Chelsea are looking for domestic success this season. And that includes a trophy occasionally ignored by the bigger clubs — the English League Cup.

Liverpool has won this trophy a record eight times and plays second-tier Burton on Tuesday in the second-round match. Jurgen Klopp's team finished a disappointing eighth in the Premier League last season but made it to the League Cup final, losing on penalty kicks to Manchester City.

Liverpool is already showing inconsistency in the league this season. It roared back from a goal down to beat Arsenal 4-3 in a thrilling season-opener, before losing 2-0 against Burnley on Saturday.

With Sadio Mane still fighting a shoulder injury, Klopp is unlikely to make drastic changes, given the lack of European football to worry about.

"We will make changes but not big changes," the German said. "It is not really likely we change seven or eight positions."

With new manager Antonio Conte at the helm, Chelsea also has time to thrive in the League Cup — which it last won in 2015 — after finishing 10th in the league last season for one of its worst campaigns in recent history.

**Jurgen Klopp** GETTY IMAGES

Chelsea plays third-tier Bristol Rovers at Stamford Bridge on Tuesday.

Unlike Klopp, Conte is likely to make changes to the side that beat Watford 2-1 on Saturday. Ruben Loftus-Cheek is expected to feature, along with Asmir Begovic adding experience.

Premier League teams Everton and Crysal Palace both face fourth-tier opposition in Yeovil and Blackpool respectively.

Stoke, beaten 4-1 by Man City in the league on Saturday, faces a trip to fourth-tier Stevenage.

Teams involved in the Champions League or Europa League enter the tournament in the third round. THE ASSOCIATED PRESS


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# RECIPE Fresh Corn Fritters with Cucumber Feta Salsa

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

If you make three extra cobs of corn one night, you're laughing the next with these easy tacos topped with tangy salsa and full of juicy cucumber and salty feta.

**Ready in 25 minutes**
Prep time: 10 minutes
Cook time: 15 minutes
Makes 10 small fritters

**Ingredients**
- 3 eggs
- 2 cups corn kernals, about 3 cobs either boiled or grilled
- 3 Tbsp corn meal
- 4 Tbsp spelt flour
- 2 green onions, chopped
- salt and pepper to taste
- 2 Tbsp vegetable oil

**Directions**

**1.** In a medium size mixing bowl, beat the eggs and then add the corn. Stir in the corn meal, flour, onions and then season with salt and pepper.

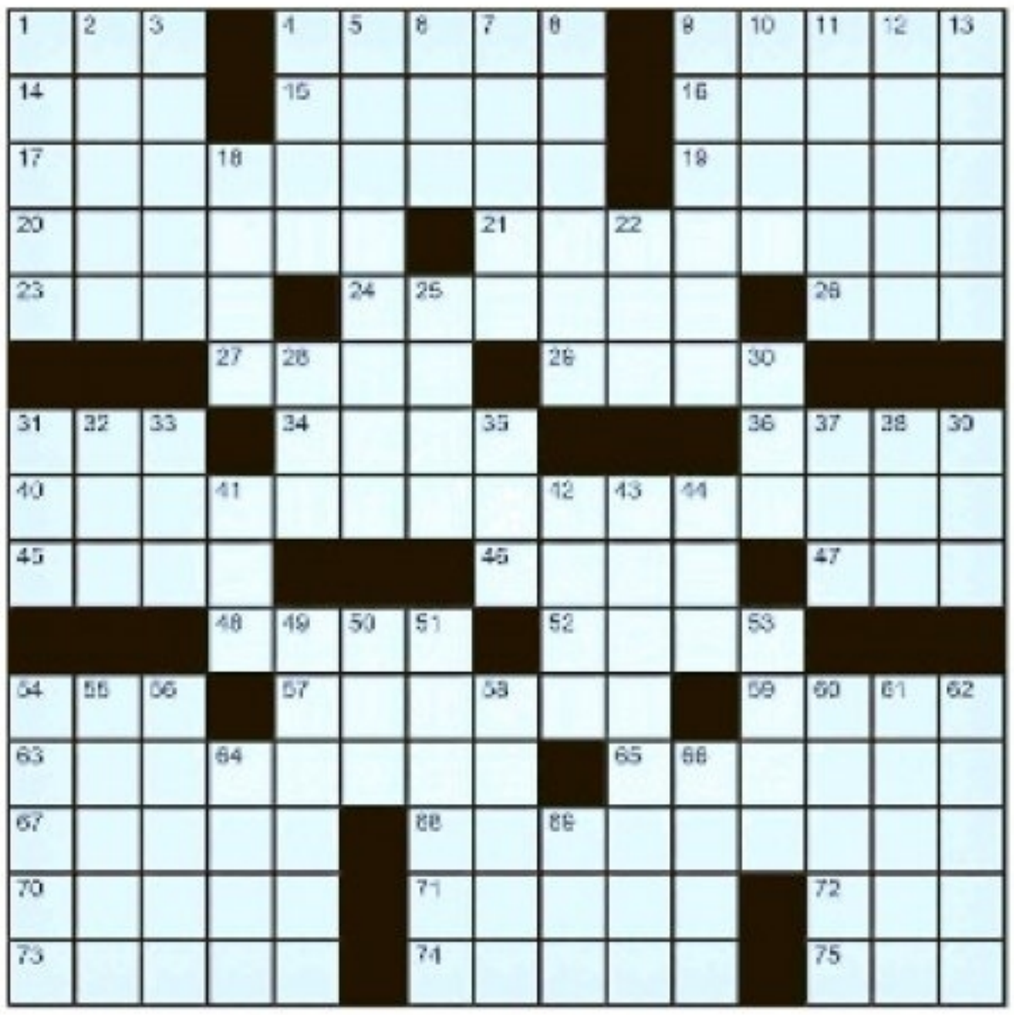
**2.** Heat the oil in a large skillet over medium heat until the oil is shimmery and hot. Cook the fritters in batches. Drop a heaping tablespoon of batter into the skittle. Flatten slightly with the back end of a spoon or spatula. Cook, turning once until browned, 4-6 minutes on each side.

**3.** Fritters can be reheated by placing on a sheet pan under a broiler for a minute or two.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. __ rally
4. Persuade/urge
9. Taye of 'Rent' (2005)
14. Chicken King link: 2 wds.
15. Singer Ms. Ross
16. Throat part, like in Dairy Queen commercials
17. What it will be tomorrow
19. Military officer, e.g.
20. Go forth
21. Meld
23. Hair colour changers
24. Dense
26. Massachusetts Senator whose brother was President ... his initials-sharers
27. Guided travel fun
29. Eye droplet
31. UK security service
34. Monks' monikers
36. Fever symptom
40. Canadian warplanes, e.g.: 3 wds. (NOTE: Answer is partially numbered)
45. Machine gun, e.g. (NOTE: Answer is partially numbered)
46. Apiece
47. Make possible
48. Car defect
52. "__ Little Fool" by Ricky Nelson
54. New Zealand parrot
57. Exacerbate
59. Middle-__
63. There __ __ (Not present, but present)
65. "Goodness.": 2 wds.
67. Like porridge bits
68. 'Handy' style of fortune telling
70. Hurt, wasp-style
71. Elliptical
72. Ms. Leoni
73. Joanna of Growing Pains
74. Little __ Coupe by The Beach Boys
75. Unpaired

**DOWN**
1. 'Footed' like Fido
2. Dirge
3. San Diego baseball player
4. Chemical suffixes
5. Kansas City's location
6. Stenographer's need
7. Make into law
8. House's floor plan
9. 2001: A Space Odyssey (1968) star, Keir __
10. Jazz vocalist Ms. Anderson
11. Invitee
12. 18th-century operas composer, Christoph Willibald __
13. Fully satisfies hunger
18. Cosy retreat
22. Purch add-on (Buy)
25. Talk big
28. Not at work today
30. Pre-1947 British rule in India
31. Fancy-style 1900
32. Q. Do you know __ __ is the alphabet's 11th letter? A. I do, and it is.
33. Montreal area code
35. The __-Creature (1956)
37. Salon styling stuff
38. 4WD truck
39. Founded [abbr.]
41. Discarded/abandoned, in slang
42. Glue alternative
43. __ sanctions, as imposed by governments
44. P, to Socrates
49. 'Dallas' family, The __
50. Neither/__
51. Three-legged camera stand
53. Vintage house heaters, for short
54. Info booth
55. Related maternally
56. Awakened
58. __ off (Fend/fight)
60. Spanky & Our Gang's Like to __ __ Know You
61. Dog-__
62. Mythological tree nymph
64. Sean of movies
66. Cover
69. Mr. Ferrigno

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
You have money on your mind, perhaps because you want to make a special purchase. Stay in touch with financial matters and your earnings.

**Taurus** April 21 - May 21
The Moon is in your sign today, which makes you more emotional than usual. You feel concerned about the welfare of a friend. Meanwhile, fun times and vacations appeal!

**Gemini** May 22 - June 21
Secrets might come out today. However, your primary focus is on entertaining at home as well as doing home repairs and redecorating projects.

**Cancer** June 22 - July 23
You're eager to communicate to others now, especially a friend. Keep in mind that you can make money with your words through writing and talking this week.

**Leo** July 24 - Aug. 23
People might become aware of some personal details about your private life. This could possibly relate to finances, which are a high priority for you today.

**Virgo** Aug. 24 - Sept. 23
Four planets are in your sign right now — the Sun, Mercury, Venus and Jupiter. This empowers you! Go after what you want, especially if you want to make travel plans.

**Libra** Sept. 24 - Oct. 23
Today you might quietly resolve to be the best that you can be. At the very least, you want to improve your health, your attitude and your productivity. (Tall order!)

**Scorpio** Oct. 24 - Nov. 22
This is a popular time for you. Today in particular, you will enjoy hanging out with friends and partners. Be easygoing and ready to compromise.

**Sagittarius** Nov. 23 - Dec. 21
With fiery Mars in your sign, you are pumped with energy! Meanwhile, the Sun at the top of your chart makes you look fabulous in the eyes of others. Great combo!

**Capricorn** Dec. 22 - Jan. 20
This is a playful, fun-loving day. Travel for pleasure if you can. Explore creative options and opportunities.

**Aquarius** Jan. 21 - Feb. 19
Although you might want to cocoon at home today, keep in mind that you can benefit from the wealth and resources of others at this time. Just ask for what you want!

**Pisces**
Feb. 20 - March 20
You're eager to learn something new today. Look for opportunities to learn from someone else, because they exist. Listen to someone.

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

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## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

**for more fun and games go to metronews.ca/games**

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| 9 | 8 | 5 | 3 | 1 | 6 | 7 | 4 | 2 |
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| 5 | 4 | 9 | 6 | 2 | 1 | 8 | 3 | 7 |
| 3 | 7 | 6 | 9 | 8 | 4 | 1 | 2 | 5 |

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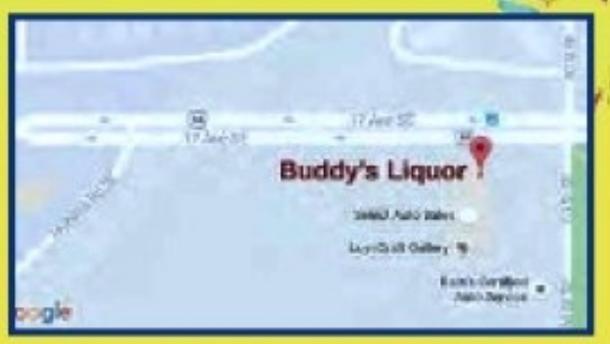


## DOOR CRASHERS (FIRST 50 CUSTOMERS EACH DAY)

**AUGUST 23RD, 2016**
**TUESDAY**

**Budweiser 8Pk Can**

**$7.95**

CASH & DEBIT CARD SALES ONLY. PRICE EXCLUDES GST & DEPOSIT. PICTURES MAY NOT BE EXACTLY AS ILLUSTRATED. LIMIT ONE COUPON PER HOUSEHOLD. PLEASE DRINK RESPONSIBLY.

**FIRST 50 CUSTOMERS**

**AUGUST 24TH, 2016**
**WEDNESDAY**

**Russian Prince Vodka 750mL**

**$9.95**

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**FIRST 50 CUSTOMERS**

**AUGUST 25TH, 2016**
**THURSDAY**

**Bacardi White Rum 750mL**

**$9.95**

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**FIRST 50 CUSTOMERS**

**AUGUST 26TH, 2016,**
**FRIDAY**

**Silver Spring 8Pk Can**

**$1.95**

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**FIRST 50 CUSTOMERS**

**AUGUST 27TH, 2016,**
**SATURDAY**

**Kokanee 8Pk Can**

**$7.95**

CASH & DEBIT CARD SALES ONLY. PRICE EXCLUDES GST & DEPOSIT. PICTURES MAY NOT BE EXACTLY AS ILLUSTRATED. LIMIT ONE COUPON PER HOUSEHOLD. PLEASE DRINK RESPONSIBLY.

**FIRST 50 CUSTOMERS**

**SUNDAY TO THURSDAY - OPEN 10AM TO 10 PM**
**FRIDAY & SATURDAY - OPEN 10AM TO 12 MIDNIGHT**